

Your learning style is KINAESTHETIC.

Someone with a Kinaesthetic learning style has a preference for physical experience - touching, feeling, holding, doing, practical hands-on experiences. These people will use phrases such as 'let me try', 'how do you feel?' and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are the...

1. When I operate new equipment I generally:

Read the instructions first

- Listen to an explanation from someone who has used it before
- Go ahead and have a go, I can figure it out as I use it

2. When I need directions for travelling I usually:

Look at a map

Ask for spoken directions

- Follow my nose and maybe use a compass

3. When I cook a new dish, I like to:

Follow a written recipe

- Call a friend for an explanation
- Follow my instincts, testing as I cook

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