

Your learning style is VISUAL.

Someone with a Visual learning style has a preference for seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart, etc. These people will use phrases such as 'show me', 'let's have a look at that' and will be best able to perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from lists and written directions and instructions.

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