

REFLECTION

Your Learning Style



What's Your Learning Style

For these questions, choose the first answer that comes to mind and check A, B or C. Don't spend too much time thinking about any one question.

Question 1

When you study for a test would you rather

- A) read notes, read headings in a book and look at diagrams and illustrations
- B) have someone ask you questions or repeat facts silently to yourself
- C) write things out on index cards and make models or diagrams

Question 2

Which of these do you do when you listen to music?

- A) daydream (see things that go with the music)
- B) hum along
- C) move with the music, tap your foot, etc.

Question 3

When you work at solving a problem do you

- A) make a list, organize the steps and check them off as they are done
- B) make a few phone calls and talk to friends or experts
- C) make a model of the problem or walk through all the steps in your mind

Question 4

When you read for fun, do you prefer

- A) a travel book with a lot of pictures in it
- B) a mystery book with a lot of conversation in it
- C) a book where you answer questions and solve problems

Question 5

To learn how a computer works, would you rather

- A) watch a movie about it
- B) listen to someone explain it
- C) take a computer apart and try to figure it out for yourself

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Question 6

You have just entered a science museum. What will you do first?

- A) look around and find a map showing the locations of the various exhibits
- B) talk to a museum guide and ask about exhibits
- C) go into the first exhibit that looks interesting and read directions later

Question 7

What kind of restaurant would you rather not go to?

- A) one with the lights too bright
- B) one with the music too loud
- C) one with uncomfortable chairs

Question 8

Would you rather go to

- A) an art class
- B) a music class
- C) an exercise class

Question 9

Which are you most likely to do when you are happy?

- A) grin
- B) shout with joy
- C) jump for joy

Question 10

If you were at a party, what would you be most likely to remember the next day?

- A) the faces of the people there, but not the names
- B) the names but not the faces
- C) the things you did and said while you were there

Question 11

When you see the word “d-o-g”, what do you do first?

- A) think of a picture of a particular dog
- B) say the word “dog” to yourself silently
- C) sense the feeling of being with a dog (petting it, running with it, etc.)

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Question 12

When you tell a story, would you rather

- A) write it
- B) tell it out loud
- C) act it out

Question 13

What is most distracting for you when you are trying to concentrate?

- A) visual distractions
- B) noises
- C) other sensations like hunger, tight shoes, or worry

Question 14

What are you most likely to do when you are angry?

- A) scowl
- B) shout or “blow up”
- C) stomp off and slam doors

Question 15

When you aren’t sure how to spell a word, which of these are you most likely to do?

- A) write it out to see if it looks right
- B) sound it out
- C) write it out to see if it feels right

Question 16

Which are you most likely to do when standing in a long line at the movies?

- A) look at posters advertising other movies
- B) talk to the person next to you
- C) tap your foot or move around in some way

Total you’re a’s, b’s and c’s

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Three Different Learning Styles

VISUAL LEARNERS – if you scored mostly A's, you learn by seeing and looking

- Take numerous, detailed notes
- Tend to sit in the front
- Appreciate a neat and tidy workspace
- Often close their eyes to visualize or remember something
- Find something to watch if they are bored
- Like to see what they are learning
- Benefit from illustrations and presentations that use colour
- Are attracted to written or spoken language rich in imagery
- Prefer stimuli to be isolated from auditory and kinesthetic distraction
- Find passive surroundings ideal

AUDITORY LEARNERS – if you scored mostly B's, you learn by hearing and listening

- Sit where they can hear but needn't pay attention to what is happening in front
- May not coordinate colours or clothes but can explain why they are wearing what they are wearing and why
- Hum or talk to themselves or others when bored
- Acquire knowledge by reading aloud
- Remember by verbalizing lessons to themselves (if they don't have difficulty reading maps or diagrams or handling conceptual assignments like mathematics)

KINESTHETIC LEARNERS – if you scored mostly C's, you learn by touching and doing

- Need to be active and take frequent breaks
- Speak with their hands and with gestures
- Remember what was done but have difficulty recalling what was said or seen
- Find reasons to tinker or move when bored
- Rely on what they can directly experience or perform
- Activities such as cooking, construction, engineering and art help them perceive and learn
- Enjoy field trips and tasks that involve manipulating materials
- Sit near the door or someplace where they can easily get up and move around
- Are uncomfortable in classrooms where they lack opportunities for hands-on experience
- Communicate by touching and appreciate physically expressed encouragement, such as a pat on the back



Understanding and Identifying Auditory, Visual and Kinesthetic Learning Styles

VISUAL	AUDITORY	KINESTHETIC
Have a sharp, clear picture of an experience	Identify sounds related to an experience	Develop a strong feeling towards an experience
Do you make pictures in your head? Do you have visual images in your head as you are talking and listening to me? Can you see what I am saying?	I hear you clearly. I want you to listen..... This sounds good.	Do you feel what you are saying? Are you in touch with what I am saying?
How do you see the situation? What do you see stopping you? This looks good. Do you see what I am showing you?	How do you hear this situation going? What do you hear that is stopping you? Sounds heavy.	How do you feel about this situation? I'm getting a handle on this material. Let's move together. Does what I am putting you in touch with feel right? Feels heavy.
WORD SELECTIONS	WORD SELECTIONS	WORD SELECTIONS
Colour, clear, spiral, showed, vivid, notice	Tinkling, silent, squeal, blast, screaming, choking	Felt, body sensations, feel, pain, touch
Fantasies Visuals complain: "Auditories don't pay attention to us because they don't make eye contact."	Lecture Do you love me? Auditories complain: "Kinesthetics don't listen."	Kinesthetics complain: "Auditory and visual people are insensitive."