



What's Your Learning Style?



Learning style refers to the way you prefer to approach new information. Fill out the following questionnaire to work out your learning style. Begin by reading the questions in the left-hand column. Of the three responses to the right, circle the one that best describes you.

Statements	Choice A	Choice B	Choice C
1. When you are learning your times tables, how do you remember the answers?	You look, then cover over the tables and try to picture them.	You say the tables out loud.	You use your fingers to help.
2. You have a list of spellings to learn. What do you do?	You say each letter out loud again and again.	You write the words over and over again.	You look hard at each word and remember what it looks like.
3. In a history lesson you are learning new facts. Which way is best for you?	Watching a video.	Listening to a CD or radio programme explaining what happened.	Taking part in a role play and acting out what happened.
4. You want to find out how an alarm clock works. What do you do?	You take the object apart then put it back together again.	You look at a diagram or picture.	You listen to a teacher telling you about it.
5. In your English lesson you are learning a new story. How do you remember it?	You tell the story to a friend.	You draw pictures of or a mind map.	You make up actions as you go over the story in your head.
6. You want to learn a sport that you have never played before. Which way is best?	To watch a demonstration.	To be told the instructions and repeat them back.	Just go and do it.
7. In a PE lesson you are learning a new move on the trampoline. What is best for you?	You let the teacher support you through the movements so you can feel how to do it.	You look at diagrams of moves on flash cards.	Your friend explains how to do it.
8. In a design lesson you need to learn how to use a new tool. How would you do that?	By listening to your teacher explaining how to use it.	By experimenting.	By watching someone else use it.
9. You have made a cake before, with help. This time you want to do it on your own. How do you do it?	You follow a recipe.	You ask someone to tell you what to do.	You just get started and remember what to do as you go along.

10. You are learning to count in another language. What is best for you?	Singing the words.	Looking at cards and posters.	Playing a game with the words.
11. If you have to learn a list of facts/things in order, which is easier?	You act or dance them in a sequence.	You read over the list several times.	You make up a song or rhyme.
12. In a science lesson you are learning about the different parts of a flower. How do you prefer to find out?	By listening to your teacher telling you.	By taking apart a real flower.	By looking at a diagram.
13. You need to remember a telephone number, what do you do?	Imagine the patterns of numbers in your head.	Repeat the numbers out loud.	Learn the pattern the numbers make on the keypad.
14. How do you prefer to relax?	By doing some sort of physical activity such as playing a sport or going for a walk.	By listening to music.	By watching TV or reading.
15. When you give someone directions, how do you do it?	Draw a map.	Tell them and repeat instructions.	Point and use your hands to show the way.
16. When you meet new people how do you remember them?	Mostly by things they did or how they made you feel.	Mostly by what they said or their names.	Mostly by how they looked or what they wore.
17. Having watched a film or television programme what do you remember most?	What happened and how the characters felt?	What was said and the music.	The scenes and what people looked like.
18. If you want to work out what your friend is feeling what do you do?	Listen to them.	Look at the expression on their face.	Notice their movements and posture.
19. If you are trying to concentrate, what puts you off the most?	Noises.	An untidy room.	People moving about.
20. If you are learning something new on the computer, how do you prefer to do it?	By listening to instructions.	By trying it out for yourself.	By watching someone else do it.

Results

Total	V	A	K

Your primary learning style: _____

Your secondary learning style: _____

Now that you know which learning style you rely on, you can boost your learning potential when working to learn more.

SUGGESTIONS FOR AUDITORY LEARNERS

- try studying with a friend so you can talk aloud about the work
- say aloud the things you want to remember
- before reading a chapter, look at all the pictures, headings and talk out loud and say what you think the chapter is about
- read out loud whenever possible
- make recordings on your phone of notes and listen to them to revise



SUGGESTIONS FOR VISUAL LEARNERS

- write things down because you remember them better
- look at a person while they are talking to help you focus
- it's better to work in a quiet place
- you are better studying on your own
- use colour to highlight main ideas in your work
- choose a seat furthest from the window and door if possible
- when learning vocabulary use colour to learn them. Look at them frequently



SUGGESTIONS FOR KINAESTHETIC LEARNERS

- to remember work, pace or walk around while saying the words aloud to yourself
- try studying with music in the background.
- when studying take breaks frequently
- when trying to memorise, try closing our eyes and writing the information in the air. Picture the words in your head

