Learning Styles Assessment
To better understand your preferences as a learner, please read each statement below and place a check on the appropriate line after it. When you've finished rating the statements, score your responses on the attached scoring sheet.

1. I’m likely to understand and remember things that I hear. ______  ______  ______
2. I enjoy classroom activities where I can participate, like labs. ______  ______  ______
3. My notes have lots of pictures, arrows, or other symbols in them. ______  ______  ______
4. I understand and follow directions on maps. ______  ______  ______
5. I enjoy working with my hands. ______  ______  ______
6. Before beginning an unfamiliar task, I prefer to see someone do it first. ______  ______  ______
7. I often need verbal explanations of graphs and diagrams to understand them. ______  ______  ______
8. I can ‘picture’ the correct answer from my notes while taking a test. ______  ______  ______
9. I prefer that professors write information on the board during lecture. ______  ______  ______
10. I think better when I have the freedom to move around. ______  ______  ______
11. When performing an unfamiliar task, I prefer to have someone talk me through it. ______  ______  ______
12. I remember material better when I summarize it out loud. ______  ______  ______
13. I make ‘pictures’ like graphs & charts to help me better understand concepts. ______  ______  ______
14. It is difficult for me to study in a noisy area. ______  ______  ______
15. I prefer to listen to a speech than to read about the same material. ______  ______  ______
16. When learning something, I often ignore the directions and just start doing it. ______  ______  ______
17. If I sat near a window in class, I would probably be distracted by it. ______  ______  ______
18. I often tap my foot or pencil when thinking. ______  ______  ______
19. When I’m trying to explain something to someone else I use my hands a lot. ______  ______  ______
20. I remember more about a subject by listening to a lecture than by reading a text. ______  ______  ______
21. I get restless when I am required to sit still for an extended period of time. ______  ______  ______
Scoring:

- Agree = 5 points
- Neutral = 3 points
- Disagree = 1 point

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<thead>
<tr>
<th>Visual</th>
<th>Auditory</th>
<th>Kinesthetic</th>
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Total     Total    Total

- Visual learners prefer to learn by seeing graphs or text.
- Auditory learners prefer to learn by hearing or speaking.
- Kinesthetic learners prefer to learn by doing, touching, or moving.
- Learning Preferences are just that-Preferences. Everyone learns using some combination of ALL of these ways!