

Self-Assessment: Learning Styles

Student learning objectives:

- To learn about learning styles
- To understand the differences between auditory, visual and kinesthetic learners
- To identify your own learning style

There are three basic types of learning styles. The three are visual, auditory, and kinesthetic. To learn, we depend on our senses to process information around us. Most people tend to use one of their senses more than the others. Today's lesson will help you determine which of these learning styles you rely on the most.

Here are 16 questions that are related to the three main learning styles. Read the question and select the answer that closest fits your answer. Don't think about the questions too much. Go with your first choice.

Sometimes people have two or three that all have about the same number of choices. Some people depend on two or more types of learning styles.

It is not unusual to use different learning styles for different tasks. That's why people can respond so differently to the same thing.

Take the inventory and see your results.

See the summary of the different learning styles.

Understanding and identifying the different styles.

Reflection:

1. How could knowing your learning style be of benefit to you, personally?
2. How can it be helpful in your interactions with others?
3. How do you think this could help you in your studies?
4. How do you think this could help you in lectures?
5. How do you think this could help you in note taking?

What's Your Learning Style

For these questions, choose the first answer that comes to mind and click on 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 the computer apart and try to figure it out for yourself

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.)

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 other way

Total your a's= _____ b's= _____ c's = _____

Three Different Learning Styles

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

Visual Learners

- take numerous detailed notes
- tend to sit in the front
- are usually neat and clean
- 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 color
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- find passive surroundings ideal

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

Auditory Learners

- sit where they can hear but needn't pay attention to what is happening in front
- may not coordinate colors 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 they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

Kinesthetic Learners

- 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 else 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

Adapted from the website: <http://people.usd.edu/~bwjames/tut/learning-style/styleres.html>

Understanding and Identifying Auditory, Visual and Kinesthetic Learning Styles

Auditory	Visual	Kinesthetic
Identify sounds related to an experience	Have a sharp, clear picture of an experience	Develop a strong feeling towards an experience
I hear you clearly, I want you to listen . . . This sounds good	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?	Do you feel what you are saying? Are you in touch with what I am saying?
How do you hear this situation going? What do you hear that is stopping you? Sounds heavy.	How do you see the situation? What do you see stopping you? This looks good. Do you see what I'm showing	How do you feel about this situation? I'm getting a handle on this material. Let's move

	you?	together. Does what I am putting you in touch with feel right? Sounds heavy .
Word Selections	Word Selections	Word Selections
tinkling silent squeal blast screaming choking	color clear spiral showed vivid notice	felt body sensations feel pain touch
Lecture Do you love me? Auditories complain: Kinesthetics don't listen.	Fantasies Visuals complain: Auditories don't pay attention to them because they don't make eye contact.	Kinesthetics complain: "Auditory and visual people are insensitive."