

Self Assessment: WHAT'S YOUR LEARNING STYLE?

Everybody has a preferred learning style. Knowing and understanding our learning style helps us to learn more effectively. This is particularly true for LD/ADD people because of their different ways of learning. After identifying your learning style, you will be able to capitalize on your strengths and improve your self-advocacy skills.

Learning Styles Self-assessment

A) Score each statement in the columns below by giving yourself the appropriate number:

- 1 ▶ Very Little Like Me
- 2 ▶ A Little Like Me
- 3 ▶ Like Me
- 4 ▶ A Lot Like Me

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1. I feel the best way to remember something is to picture it in my head
 2. I follow oral directions better than written ones
 3. I often would rather listen to a lecture than read the material in a textbook
 4. I am constantly fidgeting (e.g. tapping pen, playing with keys in my pocket)
 5. I frequently require explanations of diagrams, graphs, or maps
 6. I work skillfully with my hands to make or repair things
 7. I often prefer to listen to the radio than read a newspaper
 8. I typically prefer information to be presented visually, (e.g. flipcharts or chalkboard)
 9. I usually prefer to stand while working
 10. I typically follow written instructions better than oral ones
 11. I am skillful at designing graphs, charts, and other visual displays
 12. I generally talk at a fast pace and use my hands more than the average person to communicate what I want to say
 13. I frequently sing, hum or whistle to myself

14. I am excellent at finding my way around even in unfamiliar surroundings
15. I am good at putting jigsaw puzzles together
16. I am always on the move
17. I excel at visual arts
18. I excel at sports
19. I'm an avid collector
20. I tend to take notes during verbal discussions/lectures to review later
21. I am verbally articulate and enjoy participating in discussions or classroom debates
22. I easily understand and follow directions on maps
23. I remember best by writing things down several times or drawing pictures and diagrams
24. I need to watch a speaker's facial expressions and body language to fully understand what they mean
25. I frequently use musical jingles to learn things
26. I often talk to myself when alone
27. I would rather listen to music than view a piece of art work
28. I need to actively participate in an activity to learn how to do it
29. I frequently tell jokes, stories and make verbal analogies to demonstrate a point
30. I frequently touch others as a show of friendship and camaraderie (e.g. hugging)

Adapted from: <http://www.ldpride.net/learning-style-test.html>