

Self-Assessment: Learning Styles Inventory (70 items)

Answer each statement in the following manner:

- 0 - the statement is **nothing like me**
- 1 - the statement is **a little bit like me**
- 2 - the statement is **very much like me**

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- 1 You have a personal or private interest or hobby that you like to do alone.
 - 2 You put together itineraries and agendas for travel. You put together detailed lists, such as to-do lists, and you number and prioritize them.
 - 3 Jingles, themes or parts of songs pop into your head at random
 - 4 Math and science were your preferred subjects at school.
 - 5 You are happy in your own company. You like to do some things alone and away from others.
 - 6 You enjoy learning in classroom surroundings with other people. You enjoy the interaction to help your learning.
 - 7 You like to read everything. Books, newspapers, magazines, menus, signs, the milk carton etc.
 - 8 You can easily visualize objects, buildings, situations etc from plans or descriptions.
 - 9 You are goal oriented and know the directions you are going.
 - 10 You prefer team games and sports such as football/soccer, basketball, netball, volleyball etc.
 - 11 You navigate well and use maps with ease. You rarely get lost. You have a good sense of direction. You usually know which way North is.
 - 12 You prefer to study or work alone.
 - 13 You like being a mentor or guide for others.
 - 14 You spend time alone to reflect and think about important aspects of your life.
 - 15 In regular conversation you use references to other things you have heard or read
 - 16 You enjoy finding relationships between numbers and objects. You like to categorize or group things to help you understand the relationships between them.
 - 17 You keep a journal or personal diary to record your thoughts.
 - 18 You communicate well with others and often act as a mediator between them.
 - 19 You love sports and exercise or working out.

- 20 You like to listen. People like to talk to you because they feel you understand them.
- 21 You like listening to music - in the car, studying, at work (if possible!).
- 22 You can balance a checkbook, and you like to set budgets and other numerical goals.
- 23 You have a number of very close friends.
- 24 You use lots of hand gestures or other physical body language when communicating with others.
- 25 English, foreign languages and literature were favorite subjects at school.
- 26 You like making models, or working out jigsaws.
- 27 You prefer to talk over problems, issues, or ideas with others, rather than working on them by yourself.
- 28 Music was your favorite subject at school
- 29 In school you preferred art, technical drawing, geometry.
- 30 You love telling stories, metaphors or anecdotes
- 31 You like identifying logic flaws in other people's words and actions.
- 32 You like using a camera or video camera to capture the world around you.
- 33 You use rhythm or rhyme to remember things, such as: phone numbers, passwords, other little sayings.
- 34 In school you like/liked wood or metal working, crafts, sculpture, pottery
- 35 You have a great vocabulary, and like using the right word at the right time
- 36 You like the texture and feel of clothes, furniture and other objects.
- 37 You would prefer to holiday on a deserted island rather than a resort or cruise ship with lots of other people around.
- 38 You like books with lots of diagrams or illustrations.
- 39 You easily express yourself, whether its verbal or written. You can give clear explanations to others.
- 40 You like playing games with others, such as cards and board games.
- 41 You use specific examples and references to support your points of view.
- 42 You pay attention to the sounds of various things. You can tell the difference between instruments, or cars, or aircraft, based on their sound.
- 43 You have a good sense of colour.
- 44 You like making puns, saying tongue-twisters, making rhymes.
- 45 You like to think out ideas, problems, or issues while doing something physical.
- 46 You read self-help books, or have been to self-help workshops or done similar work to learn more about yourself.
- 47 You can play a musical instrument or you can sing on (or close to) key
- 48 You like crosswords, play scrabble and word games.
- 49 You like logic games and brainteasers. You like chess and other strategy games.
- 50 You like getting out of the house and being with others at parties and other social events.
- 51 You occasionally realise you are tapping in time to music, or you naturally start to hum or whistle a tune. Even after only hearing a tune a few times, you can remember it.
- 52 You solve problems by "thinking aloud" - talking through issues, questions, possible solutions etc.

- 53 You enjoy dancing.
- 54 You prefer to work for yourself - or you have thought a lot about it.
- 55 You don't like the sound of silence. You would prefer to have some background music or other noises over silence.
- 56 You are overly sensitive to activities that involve physical movement. For example, you might love the theme park rides that involve lots of physical action, OR you hate them because of the effect the physical forces have on your body.
- 57 You draw well, and find yourself drawing or doodling on a notepad when thinking.
- 58 You easily work with numbers, and can do decent calculations in your head.
- 59 You use diagrams and scribbles to communicate ideas and concepts. You love whiteboards (and felt pens).
- 60 You hear small things that others don't.
- 61 You would prefer to physically touch or handle something to understand how it works.
- 62 You are OK with taking the lead and showing others the way ahead.
- 63 You easily absorb information through reading, audiocassettes or lectures. The actual words come back to you easily.
- 64 You like to understand how and why things work. You keep up to date with science and technology.
- 65 You are a tinkerer. You like pulling things apart, and they usually go back together OK. You can easily follow instructions represented in diagrams.
- 66 Music evokes strong emotions and images as you listen to it. Music is prominent in your recall of memories.
- 67 You think independently. You know how you think and you make up your own mind. You understand your own strengths and weaknesses.
- 68 You like gardening or working with your hands in the shed out the back.
- 69 You like visual arts, painting, sculpture. You like jigsaws and mazes.
- 70 You use a specific step-by-step process to work out problems.