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*TELEIOS International School of Ministry (TEISM) is a division (DBA)  
of Upper Room Fellowship Ministry (URFM).*

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## TELEIOS — Learning Style Quiz

Complete the following sentences with the one answer that best describes you. Remember, there is no right or wrong answer.

Which Learning Style do you have?

1. When learning something new, I need to:
  - a. read information and see diagrams about it
  - b. listen to a lecture or discuss it
  - c. try it out, build a model, or touch the materials
2. When assembling equipment or furniture, I prefer to:
  - a. read the directions and examine the diagrams first
  - b. listen to someone tell me what to do or talk me through it
  - c. work with the pieces and figure out what to do myself
3. When giving or receiving directions to a new address, I usually:
  - a. draw a map and write out the directions
  - b. have someone explain the directions to me
  - c. just go there and find my way
4. The following is true for me:
  - a. I prefer to write things down and make notes to learn well
  - b. I prefer to hear discussions or recordings of critical information to learn well
  - c. I prefer to participate in an experiment or demonstration to learn well
5. After meeting someone, I usually remember:
  - a. how they looked
  - b. what they said
  - c. what they did
6. When learning vocabulary, I prefer to:
  - a. write the words alone or in sentences
  - b. repeat the words aloud by themselves or say them aloud in a sentence
  - c. walk around, move around, and do something while learning the words

7. When spelling a word, I usually:
  - a. write out the word
  - b. spell the word out loud
  - c. write the word in the air
8. I enjoy:
  - a. reading and writing exercises
  - b. listening exercises
  - c. activities in which I take part, such as role-play, etc.
9. When I am trying to concentrate, I am most distracted by:
  - a. people and things I see around me
  - b. sounds and noises I hear around me
  - c. movements or physical activities going on around me
10. When I think of a movie I have seen, I remember best:
  - a. what the people and places in the movie looked like
  - b. what the characters said and how the music sounded
  - c. what the characters did and how they felt
11. When I am trying to memorize something, I prefer to:
  - a. write it repeatedly
  - b. say it aloud repeatedly
  - c. do something repeatedly
12. I prefer to do homework which requires:
  - a. hand in an essay or a written assignment
  - b. give an oral presentation
  - c. lead a demonstration or activity
13. The following is true for me:
  - a. I really like reading books and magazines
  - b. I really like listening to music
  - c. I really like going on field trips and other similar activities
14. I prefer:
  - a. art
  - b. music
  - c. dance/sculpture
15. In a class or seminar, I usually:
  - a. take lots of notes about what the teacher is saying
  - b. listen carefully and don't make many notes
  - c. draw pictures while listening

## Learning Style Quiz Results

After you have finished completing the Learning Styles Quiz, add up the total number you have circled for each letter. It should be pretty clear which answers correspond to each learning style — a corresponds to a visual learning style, b to auditory, and c to tactile-kinesthetic. Based on this information, you will be able to fill in the following profile for yourself.

My main learning style is \_\_\_\_\_.

My secondary learning style is \_\_\_\_\_.

My tertiary learning style is \_\_\_\_\_.

Use this information to make informed decisions about how you learn in the future. You'll remember more, use your studying time more efficiently, and enjoy the process!

<https://www.studyingstyle.com/learning-style-quiz/> (Accessed on October 17, 2025)

**Note:** Some research suggests that matching teaching methods to learning preferences doesn't really have any effect on learning outcomes. In other words, just because you might prefer visual information, that doesn't mean you'll automatically learn better with it. However, knowing your own learning preferences can still be valuable. It can be a great way to tailor your study habits, stay engaged while learning, and feel more confident about approaching new material.

<https://www.verywellmind.com/vark-learning-styles-2795156#toc-vark-learning-styles> (Accessed on October 16, 2025)