

Learning Styles Self-Test

Circle the answer that most represents how you generally behave.

1. When I operate new equipment, I generally:

- a) Read the instructions first.
- b) Listen to an explanation from someone who has used it before.
- c) Go ahead and try it; I can figure it out as I use it.

2. When I need directions for traveling, I usually:

- a) Look at a map.
- b) Ask for spoken directions.
- c) Follow my gut, and maybe use a compass.

3. When I cook a new dish, I like to:

- a) Follow a written recipe.
- b) Call a friend for an explanation.
- c) Follow my instincts, testing as I cook.

4. If I'm teaching or showing someone something new, I tend to:

- a) Write down instructions for them.
- b) Give them a verbal explanation.
- c) Demonstrate first, and then let them have a go.

5. I tend to say:

- a) Watch how I do it.
- b) Listen to me explain.
- c) You try it.

6. During my free time, I most enjoy:

- a) Going to museums and galleries.
- b) Listening to music, and talking to my friends.
- c) Playing sports, or doing a DIY project.

7. When I go shopping for clothes, I tend to:

- a) Imagine what they would look like on.
- b) Discuss them with the shop staff.
- c) Try them on, and test them out.

8. When I am choosing a vacation destination, I usually:

- a) Read lots of brochures/look online.
- b) Listen to recommendations from friends.
- c) Imagine what it would be like to be there.

9. If I were buying a new car, I would:

- a) Read reviews online or in magazines/newspapers.
- b) Discuss what I need with my friends.
- c) Test-drive lots of different cars.

10. When I'm learning a new skill, I'm most comfortable:

- a) Watching what the instructor is doing.
- b) Talking through with the instructor exactly what I'm supposed to do.
- c) Giving it a try myself, and work it out as I go.

11. If I'm choosing food off a menu, I tend to:

- a) Imagine what the food will look like.
- b) Talk through the options in my head or with a friend.
- c) Imagine what the food will taste like.

12. When I listen to a band, I can't help:

- a) Watching the band members and other people in the audience.
- b) Listening to the lyrics and the music.
- c) Moving in time with the music.

13. When I concentrate, I most often:

- a) Focus on the words or pictures in front of me.
- b) Think about the problem and possible solutions in my head.
- c) Move around a lot, fiddle with pens and pencils, and touch things.

14. I choose household furnishings because I like:

- a) Their colors and how they look.
- b) The descriptions the sales people give me.
- c) Their textures and what they feel like.

15. My first memory is of:

- a) Looking at something.
- b) Being spoken to.
- c) Doing something.

16. When I'm anxious, I:

- Visualize the worst-case scenarios.
- Talk over in my head or with a friend what worries me most.
- Can't sit still, fiddle, and move around constantly.

17. I feel especially connected to other people because of:

- How they look.
- What they say to me.
- How they make me feel.

18. When I have to write a report or prepare for an in-depth presentation, I generally:

- Write lots of revision notes and diagrams.
- Talk over my notes – alone or with other people.
- Imagine actually presenting/walking around on stage, etc.

Now add up how many As, Bs and Cs you selected.

As = _____ If you chose mostly A's, you have a **VISUAL** learning style.
 Bs = _____ If you chose mostly B's, you have an **AUDITORY** learning style.
 Cs = _____ If you chose mostly C's, you have a **TACTILE/KINAESTHETIC** learning style.

People commonly have a main preferred learning style, but this will be part of a blend of all three. Some people have a very strong preference; others have a more even mixture of the three styles. There is no right or wrong learning style. The point is that there are types of learning that are right for your own preferred learning style.

Please note that this is not a scientifically validated testing instrument; it is a free assessment tool designed to give a broad indication of preferred learning style(s).

VAK Learning Styles Explanation

The VAK learning styles model suggests that most people can be divided into one of three preferred styles of learning. These three styles are as follows, and there is no right or wrong learning style:

- Someone with a **Visual** learning style has a preference for seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-charts, etc. These people will use phrases such as 'show me' or 'let's have a look at that' and will be best able to process information or perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from lists and written directions and instructions.
- Someone with an **Auditory** learning style has a preference for the transfer of information through listening to the spoken word, of self or others, of sounds and noises. These people will use phrases such as 'tell me' or 'let's talk it over' and will be best able to process information or perform a new task after listening to instructions from an expert. These are the people who are happy being given spoken instructions over the telephone, and can remember all the words to songs they hear!
- Someone with a **Kinesthetic (or Tactile)** learning style has a preference for physical experience - touching, feeling, holding, doing, practical hands-on experiences. These people will use phrases such as 'let me try' or 'how do you feel?' and will be best able to process information or perform a new task by going ahead and trying it out, learning as they go. These are the people who like to experiment, hands-on, and never look at the instructions first!

Visual Learners

If you have a strong preference for Visual (V) learning, you should use some or all of the following:

RECEIVING INFORMATION

- Charts or graphs or diagrams
- Pictures, videos
- Slides with different spatial arrangements on the page
- White space in books
- Lecturers who use gestures and picturesque language

LEARNING/PROCESSING MESSAGES

- Underline text.
- Use different color highlighters to select text.
- Convert your notes/the info into a learnable package by reducing them (3: 1). into pictures.
- Reconstruct the images in different ways - trying different spatial arrangements.
- Redraw your pages from memory.
- Replace words with symbols or initials.
- Look at your pages to review/process info.

EXPLAINING/TESTING/RECALLING INFO

- Recall the 'pictures' of notes, brochures, direct mailers.
- Draw - using diagrams where appropriate.
- Write exam answers, notes – explaining yourself with written words.
- Practice turning your visuals back into words.
- You're holistic rather than reductionist in your approach.
- You want the whole picture.
- Visual learners do not like handouts, spoken words, lectures, textbooks or assessment that hinge on word usage, syntax and grammar.

Auditory Learners

If you have a strong preference for learning by Auditory methods (A = hearing) you should use some or all of the following:

RECEIVING INFORMATION

- Attend presentations/webinars, and discuss topics with others.
- Listen to commercials, podcasts, videos.
- Explain new ideas to others using a recorder to remember interesting examples, stories, jokes.
- Describe the pictures and other visuals to someone who was not there.
- Leave spaces in your notes for later recall and 'filling.'

LEARNING/PROCESSING INFORMATION

- Expand your notes by talking with others, and collecting notes from the materials.
- Record your summarized notes, and listen to them.
- Ask others to 'hear' your understanding of a topic.
- Read your summarized notes aloud. Explain your notes to another auditory person.

EXPLAINING/TESTING/RECALLING INFO

- Talk with someone.
- Listen to your voices, and write them down.
- Spend time in quiet places recalling the ideas.
- Speak what you've learned/the messages out loud.
- You prefer to have everything on this page explained to you verbally vs. reading it.
- The written words are not as valuable as those you hear.
- You will probably go, and tell someone about this.

Kinesthetic/Tactile Learners

If you have a strong preference for Kinesthetic (doing) learning (K), you should use some or all of the following:

RECEIVING INFORMATION

- Use all your senses: Sight, touch, taste, smell, hearing.
- Participating in hands-on seminars/learning opportunities, field trips, tours, and using interactive media.
- Listen to speakers/presenters who give real-life examples, applications, hands-on approaches (computing), and trial-and-error applications.
- View exhibits, samples, photographs, videos, TV commercials.
- Use 'recipes' – solutions to problems from previous tried-and-true experience/applications.

LEARNING/PROCESSING INFORMATION

- Your notes from a presentation may be poor because the topics were not 'concrete' or 'relevant.'
- You'll remember the 'real' things that happened during the presentation, commercial, video.
- Think through plenty of examples.
- Use case studies and applications to help with principles and abstract concepts.
- Talk about what you've learned from the media with another kinesthetic-type person.
- Refer to pictures and photographs to illustrate an idea.
- Recall the experiments and hands-on activities.

EXPLAINING/TESTING/RECALLING INFORMATION

- Role play the situation
- You want to experience the information you're receiving so you can understand it.

Adapted from <http://www.vark-learn.com/english/page.asp?p=helpsheets>