

LEARNING STYLES QUESTIONNAIRE

- This questionnaire will help you find out how you learn best.
- There are no right or wrong answers.
- Answer all the questions by circling 'yes' or 'no'. If you want to answer 'sometimes', think whether you agree with this statement more than you disagree and then answer yes or no.

1.	When you are describing a party / holiday to a friend, do you describe the music, sounds and noise you heard?	YES	NO
2.	Do you use your hands when you talk?	YES	NO
3.	Would you rather listen to news etc. on the radio or TV than read a newspaper?	YES	NO
4.	When you use a computer do you find the visual prompts useful and easy to understand (icons etc.)?	YES	NO
5.	When you have to take down information, do you prefer to draw diagrams to writing notes?	YES	NO
6.	When you play noughts and crosses can you picture the 'O' and 'X' in different positions?	YES	NO
7.	Do you like to take objects apart and repair things?	YES	NO
8.	When you're trying to remember the spelling of a word do you try writing it several different ways and choose the one that looks right?	YES	NO
9.	When you are learning something new, do you like spoken instructions?	YES	NO
10.	Do you like making things?	YES	NO
11.	When you use a computer, do you find the "bleeps" and " <u>underlining</u> " useful to tell you that you've done something wrong etc.?	YES	NO
12.	When you're revising or learning something new, do you like to use diagrams and pictures?	YES	NO
13.	Are you quick at copying information down accurately?	YES	NO
14.	If you're told something, do you usually remember it without being told again?	YES	NO
15.	In your spare time do you like doing something physically active for example, sport?	YES	NO
16.	In your spare time do you like to listen to music?	YES	NO
17.	When you visit a museum or gallery, or you look at a shop display, do you prefer to look around peacefully on your own?	YES	NO
18.	Do you find it easier to remember people's names rather than their faces?	YES	NO
19.	When you spell a word to someone, do you usually have to write the word down?	YES	NO
20.	Do you like to be able to move around when you are working?	YES	NO
21.	Do you learn to spell words by saying them out loud?	YES	NO
22.	When you describe a party or holiday to someone, do you describe what people looked like, what they were wearing and the colours?	YES	NO
23.	When starting a new task, do you like to get on and do something straight away?	YES	NO
24.	Do you learn to do something well by watching someone demonstrate?	YES	NO
25.	Do you find it easier to remember people's faces rather than their names?	YES	NO
26.	Does saying things out loud help you to learn?	YES	NO
27.	Do you like demonstrating and showing things to others?	YES	NO
28.	Do you enjoy discussion and hearing other people's views?	YES	NO

29.	When you do a practical task, do you follow diagrams?	YES	NO
30.	Do you like role play and acting things out?	YES	NO
31.	Do you prefer to go out and about to find information rather than sitting in the library checking a book?	YES	NO
32.	When you visit a museum or gallery, or look at a shop display, do you like talking about the items and hearing what other people think of them?	YES	NO
33.	Do you find it easy to follow a map?	YES	NO
34.	Do you feel that one of the best ways to appreciate a display is to be allowed to touch it?	YES	NO
35.	When you read a story, do you picture the scene in your mind?	YES	NO
36.	Do you tend to hum, or talk to yourself when you're working?	YES	NO
37.	Do you look at the pictures in the magazines before deciding what to read?	YES	NO
38.	If you plan a journey or outing, do you like to talk to someone to find out where to go?	YES	NO
39.	Do you find it difficult to stay still for long and generally prefer to be active?	YES	NO

Follow these instructions to find out what your answers have to say about you.

- In each column only put a circle around the numbers of the questions where you answered YES.
- When you've ringed all of the YES numbers, count how many you have in each column and put the total at the bottom of each column.

Visual	Auditory	Kinaesthetic
4	1	2
6	3	5
8	9	7
12	11	10
13	14	15
17	16	19
22	18	20
24	21	23
25	26	27
29	28	30
33	32	31
35	36	34
37	38	39
Total	Total	Total

Now use these 3 totals to compile your personal learning styles chart.

Learning Styles

Do you know that we learn in different ways? Our brains process information in three ways:

Visual	Some of us learn better through seeing pictures, diagrams, moving images and colour.
Auditory	Some of us learn better through hearing sounds and voices.
Kinaesthetic	Some of us learn better through doing, moving, and touching.

We all use these three learning styles. Some of us prefer to learn in one or two of these ways. These are our learning preferences(s) or preferred learning styles(s). It is important to think about your preferred learning styles and develop the methods of learning which will suit you best.

“I learned it my way”

Are you a Visual learner?

Do you like colour, images and shapes?

Visual learners

29% of us prefer to learn by storing images in our brains.

Visual learners should:

- Use pictures, mind maps, computers, diagrams, flowcharts, key words, TV, videos etc.
- Use colour to help the brain remember.
- Use different coloured pens and pencils to colour diagrams and when writing notes use highlighter pens to highlight text.
- Write information in bullet points or as key words on “post-its” (they come in different colours).

“See how you learn!”

Are you an Auditory learner?

Do you respond to sounds and noises?

Auditory learners

34% of us prefer to learn by storing sounds in our brains.

Auditory learners should:

- Learn with friends – talk over the work and help each other to understand it.
- Tape notes and play them back.
- Listen to music while learning.
- Repeat their work out loud in funny voices.
- Make up rhymes or raps about their work.
- Get someone in their family to ask them questions about the work.
- Use Apps / PC Programs which read the text for you out loud.

“Have you got your ears on?”

Are you a Kinaesthetic learner?

Do you like to move when learning?

Do you like to touch objects or use computers when learning?

Kinaesthetic learners

37% of us prefer to learn by movement or touch.

Kinaesthetic learners should:

- Where possible touch, feel or do things practically.
- Use computers.
- Put their notes on cards or “post-its” and sequence them. (Perhaps rank the cards in order of importance or make into sentences.)
- Walk around while reading.
- Do brain gym exercises.
- Stand up – stretch or exercise – at least every 20 minutes.
- Draw pictures, mind maps – run a finger between the words on the map, say each one out loud.
- Squeeze a sponge or stress release ball while working.
- “Make learning a moving experience”

Personal Learning Styles Chart

	Visual	Auditory	Kinaesthetic
13			
12			
11			
10			
9			
8			
7			
6			
5			
4			
3			
2			
1			

My personal learning styles chart shows that I am a learner.

These types of activities are likely to interest me most and help me learn best: