



LEARNING STYLES

See, hear, or do....What works for you?

A learning style is a way of utilizing your senses to learn. There are numerous types of learning styles, but three primary styles assist you in processing material into memory. They are as follows:

AUDITORY



LEARN FROM HEARING

VISUAL



LEARN FROM SEEING

KINESTHETIC



LEARN FROM DOING

Some people lean very strongly to just one style and others may have a balance of the styles. All of us process information differently and there is no right or wrong style! It doesn't have anything to do with how intelligent you are or what skills you have already mastered. It has to do with how your brain works most efficiently to learn new stuff.

THE SIMPLE SELF-ASSESSMENT IS A STARTING POINT TO DETERMINING YOUR STYLE(S). TAKE YOUR TIME AND ENJOY IT - THIS IS NOT FOR A GRADE! KNOWING YOUR PREFERENCE(S) CAN GIVE YOU INSIGHT TO IMPROVED LEARNING. ENCOURAGE YOUR FRIENDS TO TRY IT, TOO. DO YOU LEARN SIMILARLY OR DIFFERENTLY?

Once you have taken the assessment, then refer to the suggestions to best maximum your learning strengths. Also included are websites for additional learning styles self-assessments found free on-line.



FOR MORE SUCCESS STRATEGIES, **VISIT THE CONNECT TO SUCCESS OFFICE**
Office #1655 or dana.kobold@rrcc.edu or 303.914.6317
Content adapted from *Learning to Learn* by Gloria Frender &
Becoming a Master Student by Dave Ellis

Learning Styles Self-Assessment

Read the statement and circle the most appropriate answer for you. Some may be difficult to answer, but try to respond according to how you would react *most* often.

1. You usually remember more from a class lecture when:
 - a. you listen very closely to the instructor (usually don't take notes)
 - b. you sit near the front, watch the instructor, and take notes
 - c. you participate in a group activity

2. You usually solve day-to-day problems by:
 - a. talking to yourself or a friend about it
 - b. using an organized, systematic approach
 - c. walking, pacing or some other physical activity

3. You remember phone numbers (when you can't write them down) by:
 - a. repeating the numbers silently or aloud
 - b. visualizing the numbers in your head
 - c. "writing" the number with your finger

4. You remember most clearly from a movie:
 - a. what the characters said and the background music/noises
 - b. the scenery, special effects, and costumes
 - c. the feelings you experienced during the movie

5. You find it easiest to learn something new by:
 - a. listening to someone explain how to do it
 - b. watching a demonstration of how to do it
 - c. trying it for yourself first

6. When you go to the grocery store, you:
 - a. repeat the items on the grocery list
 - b. walk up and down the aisles to see what you need
 - c. usually remember what you need from the list you left at home

7. You learn a foreign language best by:
 - a. listening to CDs
 - b. using a workbook
 - c. attending class in which you read, write, and speak

8. You give your friends directions to a new restaurant by:
 - a. explaining which turns they will make
 - b. drawing a map
 - c. having your friends follow you there

9. You are confused about the correct spelling of a word so you:
 - a. sound it out
 - b. look it up in the dictionary
 - c. write it out several ways and choose one

10. You usually remember people you have met by their:
 - a. names (you forget faces)
 - b. faces (you forget names)
 - c. mannerisms and behavior

11. You usually dress:
 - a. fairly well, but clothes are not that important to you
 - b. neatly, in a particular, fashionable style
 - c. comfortably, so you can move easily

12. You are distracted most by:
 - a. noises
 - b. people
 - c. environment (temperature, comfort level)

13. You enjoy reading for pleasure when you can read:
 - a. conversation exchanged between the characters
 - b. descriptive passages that allow you to create mental pictures
 - c. action-oriented stories to keep your interest up

14. Your favorite courses are those that:
 - a. incorporate small group discussions and guest speakers
 - b. incorporate videos and readings with colorful pictures
 - c. incorporate labs and field trips

15. When considering purchasing a new car, you first:
 - a. listen closely to what the salesperson says
 - b. flip through the owners manual for details
 - c. take it on a test drive

Scoring:

Count the total number of responses for each letter and write them below:

Total “a’s” _____ (Auditory preference)

Total “b’s” _____ (Visual preference)

Total “c’s” _____ (Kinesthetic preference)

Which style do you prefer? Do you have two styles that are close?
Were the results as you expected them to be?

General “people” characteristics for the primary learning styles:

Auditory – enjoys listening to music, hums or sings during tasks, outgoing by nature, talks to self aloud, whispers while reading...

Visual – organized in approach to tasks, likes to read, good handwriting, notices details, observes before talking/acting, mind strays during conversations...

Kinesthetic – in motion most of the time, likes to touch people when talking to them, taps pencil or foot while studying, enjoys trying new things, uses gestures when talking...

A few thoughts on learning styles:

- Students who are matched with teachers of the same style learn best.
- Students who can approach learning through a combination of styles will usually understand new information easier.
- Students should consider a major/career that supports their preferred style.
- Regardless of your learning style, don’t forget to talk to your instructors about tough topics **PRIOR** to the test!

Learning Styles Tips

To boost **AUDITORY** Learning:

- When studying, stop often to verbalize key points and examples in your own words
- Use a tape recorder in class or recite your notes into one to play back later
- Read difficult passages in your textbooks slowly and out loud – reread if necessary
- Join study groups and have conversations about the material
- Listen to “books on tape” or other CDs related to course topics
- Make up rhymes and poems to remember concepts
- When preparing for a test, review your taped notes whenever you can

To boost **VISUAL** Learning:

- Before you read, look for bold headlines, charts, graphs, illustrations, and photographs
- When taking notes, leave room to add your own diagrams, abbreviations, symbols, etc.
- Use a variety of color coding in your notes and books
- Create flashcards of vocabulary, formulas, and key points
- Use sticky notes and put them everywhere
- Watch movies, films, or TV documentaries related to your course topics
- During tests, try to visualize pages from your notes or the text book

To boost **KINESTHETIC** Learning:

- Recite key concepts while you walk or exercise
- Intentionally set up situations in which you can learn (or teach others) by doing
- Change your handwritten notes to computer generated notes
- Supplement lectures with field trips, labs, computer tutorials, and hands-on activities
- Take stretch breaks during studying
- Use the internet to browse supplemental info about your course content
- When in class, sit near the front and take notes (watch doodling!)
- Create practice tests and write out the answers

Additional learning styles self-assessments:

www.metamath.com/multiple/multiple_choice_questions.html

www.ulc.arizona.edu/learn_styl_ass.html

www.vark-learn.com/english/page.asp?p=questionnaire