Learning Preferences

See, Hear, and Do: What Works Best For You?

A learning preference is a way of utilizing your senses to learn. In theory, there are 7 billion unique preferences (one for each of us on the planet!), but three primary categories below can assist you in processing your college material into memory. They are as follows:

**AUDITORY**  **LEARN FROM HEARING**

**VISUAL** eye **LEARN FROM SEEING**

**KINESTHETIC** action **LEARN FROM DOING**

So you know, we use ALL of our senses to learn. With that said, some people lean very strongly to one sense preference and others may have a balance of the senses.

All of us process information differently and there is no right or wrong approach. 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 and remember new information. Utilizing multiple preferences is helpful.

A simple self-assessment is a starting point to determining your preference/s. Take your time - this is not for a grade! Knowing can give you insight to better learning. Encourage family and friends to try it, too. Do you learn similarly or differently?

Once you have completed the assessement, then refer to the suggestions on the final page to maximize your learning tactics.

Interested in an online version?

Check out: <https://vark-learn.com/the-vark-questionnaire/>

Access their informative FREE help sheet links – no need to buy a report!



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## **Learning Preferences Self-Assessment**

Read each 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. Results may be best when you choose just one answer per question.

1. You usually remember more from a class when:

1. you listen very closely to the instructor (usually don’t take notes)
2. you watch the instructor and take notes
3. you participate in a group activity

2. You usually solve day-to-day problems by:

1. talking to yourself or a friend/family member about it
2. using an organized, systematic approach
3. walking, pacing or some other physical activity

3. You remember phone numbers (if you can’t readily put in phone) by:

1. repeating the numbers aloud
2. visualizing the numbers in your head
3. “writing” the number with your finger

4. You remember most clearly from a movie:

1. the characters’ conversations and the background music/noises
2. the scenery, special effects, and costumes
3. the feelings you experienced during the movie

5. You find it easiest to learn something new by:

1. listening to someone explain how to do it
2. watching a demonstration of how to do it
3. trying it for yourself first

6. When you go to the grocery store, you:

1. repeat the items on the grocery list
2. walk up and down the aisles to see what you need
3. remember what you need from the list you left at home

7. You learn a foreign language best by:

1. listening to CDs, podcasts, and other related media
2. using a workbook, printed material, or computer tutorial
3. reading, writing, and speaking the language often

8. You give friends directions (Siri’s taking a break :) to a restaurant by:

1. explaining which turns they will make
2. drawing a map
3. having your friends follow you there

9. You are confused about the correct spelling of a word so you:

1. sound it out
2. look it up on your phone or dictionary app
3. write it out several ways and choose one

10. You usually remember people you have met by their:

1. names (you forget faces)
2. faces (you forget names)
3. mannerisms and behavior

11. You usually dress:

1. fairly well, but clothes are not that important to you
2. neatly, in a particular, fashionable style
3. comfortably, so you can move easily

12. You are distracted most by:

1. noises
2. people
3. environment (temperature, comfort level)

13. You enjoy reading for pleasure when you can read

1. conversation exchanged between the characters
2. descriptive passages that allow you to create mental pictures
3. action-oriented stories to keep your interest up

14. Your favorite courses are those that:

1. involve small group discussions and guest speakers
2. involve multi-media and readings with colorful pictures
3. involve labs, field trips, project based learning, and/or computer work

15. When considering purchasing a new car, you first:

1. listen closely to what the salesperson says
2. browse the car’s website for details
3. take it on a test drive

**Scoring & Tips Next Page…**

**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)

## **Tips to Try – Maximize your Preference**

To boost **Auditory** learning:

* Sit close to the speaker/your technology during lectures
* Online? Listen to all available recorded resources provided by your instructor
* Listen for relevant information – don’t let note taking “get in the way”
* Use a recording device or recite your notes into one to play back later
* Read difficult passages in your textbooks slowly and aloud – reread if necessary
* When studying, stop often to voice key points and examples in your own words
* Join study groups and have conversations about the material
* Listen to CDs, podcasts, “audio books” and other media related to topics
* Make up rhymes, jingles, and poems to remember concepts
* When preparing for a test, review recorded notes or instructors’ videos

To boost **Visual** learning:

* Sit in a location away from windows and distractions – on and off campus
* Before you read, look for bold headlines, charts, graphs, photos, etc.
* When taking notes, leave room to add your own sketches, flow charts, etc.
* Use a variety of color coding in your notes and books
* Consider making hard copies of powerpoints for you to annotate
* Create flashcards of vocabulary, formulas, and key points
* Use sticky notes
* Watch “visual media” related to your course topics, ex. documentary movies
* Make mental pictures (or draw them) of the concepts as you study
* During tests, try to visualize pages from your notes or the text book

To boost **Kinesthetic** learning:

* Sit in a location in which you can participate and stretch/move when needed
* Write out a summary sheet after reading each chapter and/or steps to a problem or process on note cards and arrange in the correct order
* Recite key concepts while you use movement, pace, 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 (or vice versa)
* Be active 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
* Create practice tests and write out the answers