

LEARNING STYLES INVENTORY

UPDATED NOVEMBER 2012

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INTRODUCTION

People learn in different ways. Some learn best visually, some by hearing and others by touching and doing. Some people have one method of learning that they rely on, while others may use more than one method to understand and recall information. This assessment is intended to help identify which of the three methods—visual, auditory, and tactile—you prefer.

There are 20 questions. Each question describes a situation with three possible options. There are no right or wrong answers. Choose the option that best fits you. If you find that more than one option applies to you, choose the one that fits you the best, or the one you would use more often.

LEARNING STYLES INVENTORY

1. Select the answer that is the most like you
When reading a novel, I tend to:
 - become restless, and can almost feel what the characters are doing or feeling
 - imagine seeing what I am reading
 - either read out loud, or imagine hearing the words I am reading

2. Select the answer that is the most like you
I prefer websites that have:
 - things to listen to, like music, radio programs or interviews
 - things to read
 - things to do, like games

3. Select the answer that is the most like you
If going out with a group of friends, I would rather go to:
 - a movie
 - a concert
 - do something active, like sports, games, hiking

4. Select the answer that is the most like you
When I see the letters 'c – a – t', the first thing that comes to mind is:
 - petting or playing with a cat
 - a picture of a cat
 - the sound of the word 'cat'

5. Select the answer that is the most like you
When concentrating on something, I am more likely to:
 - be distracted by movement or clutter around me
 - be distracted by noise near me
 - have difficulty sitting still

6. Select the answer that is the most like you
It's easier for me to understand if I:
 - listen to someone talk
 - make or do things with my hands
 - read about it or watch a demonstration

7. Select the answer that is the most like you
To learn in class I prefer to:
 - listen to the teacher
 - read the material
 - make or create things with my hands

8. Select the answer that is the most like you
If learning to cook, I would rather:
 - follow written recipes

- create my own recipes, tasting as I cook
 - be told how to cook
- 9.** Select the answer that is the most like you
When using electronic equipment for the first time, I prefer to:
- read the instructions
 - listen to someone explain how to use it
 - have a go and learn by 'trial and error'
- 10.** Select the answer that is the most like you
When going to some place new, I prefer to:
- ask for spoken directions
 - look at a map
 - find it using my sense of direction
- 11.** Select the answer that is the most like you
To teach someone something new I would rather:
- give a demonstration
 - explain verbally
 - write instructions
- 12.** Select the answer that is the most like you
I remember things best by:
- saying it aloud or repeating words and key points in my head
 - reading about it
 - doing and practicing the activity, or imagining it being done
- 13.** Select the answer that is the most like you
To relax, I would rather:
- listen to music
 - read a book
 - get some exercise
- 14.** Select the answer that is the most like you
In school I find it easier to remember:
- what I've read in the text book
 - what the teacher said in class
 - what I wrote in my notes
- 15.** Select the answer that is the most like you
I usually learn best when:
- someone explains the topic to me
 - I am given written material and diagrams to read
 - I am able to participate in a hands-on demonstration
- 16.** Select the answer that is the most like you
I find it easiest to remember:
- names

- things I have done
- faces

17. Select the answer that is the most like you

I learn best from a teacher who:

- uses hands-on activities
- lectures to explain the material
- uses the blackboard or a projector

18. Select the answer that is the most like you

To learn new computer software, I would rather:

- learn by using it
- read the manual
- ask a friend to tell me how to use it

19. Select the answer that is the most like you

I remember best by:

- listening to a lecture or a class discussion about the subject
- reading the textbook or lecture notes
- doing something with the material

20. Select the answer that is the most like you

I prefer a teacher who uses:

- class demonstrations
- handouts, books or readings
- classroom discussions or guest speakers

LEARNING STYLES PROFILE

Visual Learner

Congratulations! You are a Visual Learner!

Your Learning Style Inventory results indicate you have a strong preference for visual learning. This means that in most situations you will find it easier to understand and recall information if you use this method. Read more about the visual learning method and how to use it to help you learn.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

- Use diagrams, images and pictures
- Create flash cards to study from
- Highlight or underline important information in your textbook and notes
- Make outlines of the material that shows how the ideas and concepts are related
- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

Auditory Learner

Congratulations! You are an Auditory Learner!

Your Learning Style Inventory results indicate you have a strong preference for auditory learning. This means that in most situations you will find it easier to understand and recall information if you use this method. Read more about the auditory learning method and how to use it to help you learn.

As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
- Try talking to yourself when problem solving
- You may find written assignments easier if you talk it out as you write
- If you are having trouble understanding written material, read it out loud
- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

Tactile Learner

Congratulations! You are a Tactile Learner!

Your Learning Style Inventory results indicate you have a strong preference for tactile learning. This means that in most situations you will find it easier to understand and recall information if you use this method. Read more about the tactile learning method and how to use it to help you learn.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

- Rewrite your notes or type them on the computer
- Think through a problem while doing something physical like exercise
- Make diagrams, notes, and flash cards as a way of being physical with the information
- Actively work the information you are learning by making models or doing demonstrations and practice assignments
- Use role playing to practice skills or act out what you are learning
- Take short breaks for physical activity when studying

Since you learn best by doing, look for ways to be active with the information you are trying to learn by using the information in some way to incorporate movement. You may find it helpful to act out material with a study partner, go on field trips or visit museums and science centers.

Primary Visual Learning with Secondary Auditory Learning

Congratulations! You are primarily a Visual Learner, with secondary Auditory Learning!

Your Learning Style Inventory results indicate you have a strong preference for visual learning, and a secondary preference for auditory learning. This means that in most situations you will find it easier to understand if you use the visual method, although using the auditory method may improve your learning in some situations. Read more about the visual and auditory methods and how to use them to help you learn.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

- Use diagrams, images and pictures
- Create flash cards to study from
- Highlight or underline important information in your textbook and notes
- Make outlines of the material that shows how the ideas and concepts are related
- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

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As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
- Try talking to yourself when problem solving
- You may find written assignments easier if you talk it out as you write
- If you are having trouble understanding written material, read it out loud
- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

Primary Visual Learning with Secondary Tactile Learning

Congratulations! You are primarily a Visual Learner, with secondary Tactile Learning!

Your Learning Style Inventory results indicate you have a strong preference for visual learning, and a secondary preference for tactile learning. This means that in most situations you will find it easier to understand if you use the visual method, although using the tactile method may improve your learning in some situations. Read more about the visual and tactile methods and how to use them to help you learn.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

- Use diagrams, images and pictures
- Create flash cards to study from
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- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

- Rewrite your notes or type them on the computer
- Think through a problem while doing something physical like exercise
- Make diagrams, notes, and flash cards as a way of being physical with the information
- Actively work the information you are learning by making models or doing demonstrations and practice assignments
- Use role playing to practice skills or act out what you are learning
- Take short breaks for physical activity when studying

Since you learn best by doing, look for ways to be active with the information you are trying to learn by using the information in some way to incorporate movement. You may find it helpful to act out material with a study partner, go on field trips or visit museums and science centers.

Primary Auditory Learning with Secondary Visual Learning

Congratulations! You are primarily an Auditory Learner, with secondary Visual Learning!

Your Learning Style Inventory results indicate you have a strong preference for auditory learning, and a secondary preference for visual learning. This means that in most situations you will find it easier to understand if you use the auditory method, although using the visual method may improve your learning in some situations. Read more about the auditory and visual methods and how to use them to help you learn.

As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
- Try talking to yourself when problem solving
- You may find written assignments easier if you talk it out as you write
- If you are having trouble understanding written material, read it out loud
- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

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- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

Primary Auditory Learning with Secondary Tactile Learning

Congratulations! You are primarily an Auditory Learner, with secondary Tactile Learning!

As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
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- If you are having trouble understanding written material, read it out loud
- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

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As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

- Rewrite your notes or type them on the computer
- Think through a problem while doing something physical like exercise
- Make diagrams, notes, and flash cards as a way of being physical with the information
- Actively work the information you are learning by making models or doing demonstrations and practice assignments
- Use role playing to practice skills or act out what you are learning
- Take short breaks for physical activity when studying

Since you learn best by doing, look for ways to be active with the information you are trying to learn by using the information in some way to incorporate movement. You may find it helpful to act out material with a study partner, go on field trips or visit museums and science centers.

Primary Tactile Learning with Secondary Visual Learning

Congratulations! You are primarily a Tactile Learner, with secondary Visual Learning!

Your Learning Style Inventory results indicate you have a strong preference for tactile learning, and a secondary preference for visual learning. This means that in most situations you will find it easier to understand if you use the tactile method, although using the visual method may improve your learning in some situations. Read more about the tactile and visual methods and how to use them to help you learn.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

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- Use diagrams, images and pictures
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- Highlight or underline important information in your textbook and notes
- Make outlines of the material that shows how the ideas and concepts are related
- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

Primary Tactile Learning with Secondary Auditory Learning

Congratulations! You are primarily a Tactile Learner, with secondary Auditory Learning!

Your Learning Style Inventory results indicate you have a strong preference for tactile learning, and a secondary preference for auditory learning. This means that in most situations you will find it easier to understand if you use the tactile method, although using the auditory method may improve your learning in some situations. Read more about the tactile and auditory methods and how to use them to help you learn.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

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As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
- Try talking to yourself when problem solving
- You may find written assignments easier if you talk it out as you write
- If you are having trouble understanding written material, read it out loud
- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

Visual-Auditory Learning

Congratulations! You are a Visual-Auditory Learner!

Your Learning Style Inventory results indicate you have a strong preference for visual and auditory learning. This means that you will find it easier to understand and recall information if you can make use of both these methods, although you may find that the method you prefer to use will depend on the situation. Read more about the visual and auditory methods and how to use them to help you learn.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

- Use diagrams, images and pictures
- Create flash cards to study from
- Highlight or underline important information in your textbook and notes
- Make outlines of the material that shows how the ideas and concepts are related
- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
- Try talking to yourself when problem solving
- You may find written assignments easier if you talk it out as you write
- If you are having trouble understanding written material, read it out loud
- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

Visual-Tactile Learning

Congratulations! You are a Visual-Tactile Learner!

Your Learning Style Inventory results indicate you have a strong preference for visual and tactile learning. This means that you will find it easier to understand and recall information if you can make use of both these methods, although you may find that the method you prefer to use will depend on the situation. Read more about the visual and tactile methods and how to use them to help you learn.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

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- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

- Rewrite your notes or type them on the computer
- Think through a problem while doing something physical like exercise
- Make diagrams, notes, and flash cards as a way of being physical with the information
- Actively work the information you are learning by making models or doing demonstrations and practice assignments
- Use role playing to practice skills or act out what you are learning
- Take short breaks for physical activity when studying

Since you learn best by doing, look for ways to be active with the information you are trying to learn by using the information in some way to incorporate movement. You may find it helpful to act out material with a study partner, go on field trips or visit museums and science centers.

Auditory-Tactile Learning

Congratulations! You are an Auditory-Tactile Learner!

Your Learning Style Inventory results indicate you have a strong preference for auditory and tactile learning. This means that you will find it easier to understand and recall information if you can make use of both these methods, although you may find that the method you prefer to use will depend on the situation. Read more about the auditory and tactile methods and how to use them to help you learn.

As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

- After reading something, make a summary and say it out loud
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- You may find written assignments easier if you talk it out as you write
- If you are having trouble understanding written material, read it out loud
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Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

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- Think through a problem while doing something physical like exercise
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- Use role playing to practice skills or act out what you are learning
- Take short breaks for physical activity when studying

Since you learn best by doing, look for ways to be active with the information you are trying to learn by using the information in some way to incorporate movement. You may find it helpful to act out material with a study partner, go on field trips or visit museums and science centers.

Multi-Method Learning

Congratulations! You are a Multi-Method Learner!

Your Learning Style Inventory results indicate you are a multi-method learner. This means that you learn using the visual, auditory, and tactile methods combined, although you may prefer different combination of these methods depending on the situation. Read more about these methods and tips for learning with each one.

As a **visual learner**, you learn best when information is presented in written form or visually through diagrams or pictures. You prefer to read the text book rather than listen to a lecture. A teacher who uses a lot of visual aids, such as notes on the board or handouts, will be easier for you to understand than one who just talks. Here are some things you can do to help you learn:

- Use diagrams, images and pictures
- Create flash cards to study from
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- Make notes or write down key words and concepts during lectures
- Try to visualize the material as you hear it spoken
- Read the material in the textbook before the lecture

Since you learn best when the information is presented visually, look for ways to make the information visual by making notes and outlines or drawing diagrams and charts. You may want to ask your teachers to make outlines or use visual aids if they don't.

As an **auditory learner**, you learn best when you can hear the information such as teacher lectures and classroom discussions. You understand and remember things better if you hear them. You may understand better when you read out loud to yourself. Here are some things you can do to help you learn:

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- Make a recording of lectures to study from
- Noises may be distracting to you so study in a quiet place

Since you learn best when you can hear the information, look for ways to make the information auditory by reading out loud, making recordings or having people read to you. You may find it helpful to have a study partner who can ask you questions out loud.

As a **tactile learner**, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved. Here are some things you can do to help you learn:

- Rewrite your notes or type them on the computer

- Think through a problem while doing something physical like exercise
- Make diagrams, notes, and flash cards as a way of being physical with the information
- Actively work the information you are learning by making models or doing demonstrations and practice assignments
- Use role playing to practice skills or act out what you are learning
- Take short breaks for physical activity when studying

Since you learn best by doing, look for ways to be active with the information you are trying to learn by using the information in some way to incorporate movement. You may find it helpful to act out material with a study partner, go on field trips or visit museums and science centers.