

THREE BASIC LEARNING STYLES

Adapted with permission from the Austin College Academic Skills Center Peer Tutor Handbook by Laura Ramsey, Director of the Academic Skills Center. Retrieved from <https://www.austincollege.edu/wp-content/uploads/2013/02/Peer-Tutor-Handbook.pdf>

The term learning styles refers to the general way people most easily process, learn, and remember information. Even though the process of learning is very specific to the individual learning, there are three commonly recognized learning styles: visual, auditory, and kinesthetic.

You can lay a strong foundation for learning thoroughly and effectively when you know your learning style and select learning strategies that are based on your learning style strengths.

LEARNING STYLE INVENTORY

Before you acquire too much information about learning styles that may affect the way you answer the Learning Styles Inventory, complete the following inventory (or the electronic version provided on LUCOM Academic Support & Success Center's website).

Check YES if the statement relates to you all or most of the time. Check NO if the statement seldom or never relates to you. There is no in-between, so you must check YES or NO. Your first, quick response to the statement is usually the best response to use.

LEARNING STYLE INVENTORY

| | YES | NO |
|--|-----|-----|
| 1. I like to listen and discuss work with a partner. | ___ | ___ |
| 2. I learn by hearing my own voice on tape. | ___ | ___ |
| 3. I prefer to learn something new by reading about it. | ___ | ___ |
| 4. I often write down the directions someone has given me so that I don't forget them. | ___ | ___ |
| 5. I enjoy physical sports or exercise. | ___ | ___ |
| 6. I learn best when I can see new information in picture form. | ___ | ___ |
| 7. I am able to visualize easily. | ___ | ___ |
| 8. I learn best when someone talks or explains something to me. | ___ | ___ |
| 9. I usually write things down so that I can look back at them later. | ___ | ___ |
| 10. If someone says a long word, I can count the syllables that I hear. | ___ | ___ |
| 11. I have a good memory for old songs or music. | ___ | ___ |
| 12. I like to discuss in small groups. | ___ | ___ |
| 13. I often remember the size, shape, and colors of objects. | ___ | ___ |
| 14. I often repeat out loud the directions someone has given me. | ___ | ___ |

| | YES | NO |
|--|-----|-----|
| 15. I enjoy working with my hands. | ___ | ___ |
| 16. I can remember the faces of actors, settings, and other visual details of a movie I saw in the past. | ___ | ___ |
| 17. I often use my hands and body movement when I'm explaining something. | ___ | ___ |
| 18. I prefer to practice redrawing diagrams on a chalkboard rather than on paper. | ___ | ___ |
| 19. I seem to learn better if I get up and move around while I study. | ___ | ___ |
| 20. If I wanted to assemble a bike, I would need pictures or diagrams to help with each step. | ___ | ___ |
| 21. I remember objects better when I have touched them or worked with them. | ___ | ___ |
| 22. I learn best by watching someone else first. | ___ | ___ |
| 23. I tap my fingers or my hands a lot while I am seated. | ___ | ___ |
| 24. I speak a foreign language. | ___ | ___ |
| 25. I enjoy building things. | ___ | ___ |
| 26. I can follow the plot of a story on the radio. | ___ | ___ |
| 27. I enjoy repairing things at home. | ___ | ___ |
| 28. I can understand a lecture when I hear it on tape. | ___ | ___ |
| 29. I am good at using machines or tools. | ___ | ___ |
| 30. I find sitting still for long very difficult. | ___ | ___ |
| 31. I enjoy acting or doing pantomimes. | ___ | ___ |
| 32. I can easily see patterns in designs. | ___ | ___ |
| 33. I need frequent breaks to move around. | ___ | ___ |
| 34. I like to recite or write poetry. | ___ | ___ |
| 35. I can usually understand people with different accents. | ___ | ___ |
| 36. I can hear many different pitches or melodies in music. | ___ | ___ |
| 37. I like to dance and create new movements or steps. | ___ | ___ |
| 38. I enjoy activities that require physical coordination. | ___ | ___ |
| 39. I follow written directions better than oral ones. | ___ | ___ |
| 40. I can easily recognize differences between similar sounds. | ___ | ___ |
| 41. I like to create or use jingles/rhymes to learn things. | ___ | ___ |
| 42. I wish more classes had hands on experiences. | ___ | ___ |
| 43. I can quickly tell if two geometric shapes are identical. | ___ | ___ |

| | YES | NO |
|---|-----|-----|
| 44. The things I remember best are the things I have seen in print or pictures | ___ | ___ |
| 45. I follow oral directions better than written ones. | ___ | ___ |
| 46. I could learn the names of fifteen medical instruments much easier if I could touch and examine them. | ___ | ___ |
| 47. I need to say things aloud to myself to remember them. | ___ | ___ |
| 48. I can look at a shape and copy it correctly on paper. | ___ | ___ |
| 49. I can usually read a map without difficulty. | ___ | ___ |
| 50. I can "hear" a person's exact words and tone of voice days after he or she has spoken to me. | ___ | ___ |
| 51. I remember directions best when someone gives me landmarks, such as specific buildings and trees. | ___ | ___ |
| 52. I have a good eye for colors and color combinations. | ___ | ___ |
| 53. I like to paint, draw, or make sculptures. | ___ | ___ |
| 54. When I think back to something I once did, I can clearly picture the experience. | ___ | ___ |

SCORING YOUR INVENTORY

1. Ignore the NO answers. Work only with the questions that have a YES answer.
2. For every YES answer, look at the number of the question. Find the number in the following chart and circle that number.
3. When you finish, not all of the numbers in the boxes will be circled. Your answers will very likely not match anyone else's.
4. Count the number of circles for the Visual box and write the total on the line. Do the same for the Auditory box and the Kinesthetic box.

| Visual | Auditory | Kinesthetic |
|--------------------------|----------------------------|----------------------------|
| 3 4 6 7 9 13 16 20 22 32 | 1 2 8 10 11 12 14 24 26 | 5 15 17 18 19 21 23 25 27 |
| 39 43 44 48 49 51 52 54 | 28 34 35 36 40 41 45 47 50 | 29 30 31 33 37 38 42 46 53 |
| Total: ____ | Total: ____ | Total: ____ |

ANALYZING YOUR SCORES

1. The highest score indicates your preference. The lowest score indicates your weakest learning style.
2. If your two highest scores are the same or very close, both of these learning styles may be your preference.
3. If all three of your scores are identical, you have truly integrated all three learning styles and can work equally well in any of the learning styles.
4. Scores that are 10 or higher indicate the learning style you most frequently use.
5. Scores lower than 10 indicate the learning style that is not highly used. It is important to exam why. One reason, which is often the case is that you have had limited experience learning how to use the style effectively as your learn. In this case, learning new strategies can strengthen your use of the learning style.

DESCRIPTIONS OF LEARNING STYLES

Visual Learners: Learn best through visual stimuli

- Can easily recall printed information in the form of numbers, words, phrases, or sentences
- Can easily understand and recall information presented in pictures, charts, or diagrams
- Have strong visualization skills and can “see” information
- Can make “movies in their minds” of information they are reading
- Have strong visual-spatial skills that involve sizes, shapes, textures, angles, and dimensions
- Pay close attention and learn to interpret body-language (facial expressions, eyes, stance)
- Have keen awareness of aesthetics, the beauty of the physical environment, and visual media

Auditory Learners: Learn best through hearing

- Can accurately remember details of information heard in conversations or lectures
- Have strong language skills that include well-developed vocabularies and appreciation of words
- Have strong oral communication skills that enable them to carry on conversations and be articulate.
- Hear tones, rhythms and notes of music and often have exceptional musical talents

Kinesthetic Learners: Learn best through action and hands-on activities

- Learn best by doing
- Learn well in activities that involve performing
- Work well with their hands in areas such as repair work, sculpting, art or working with tools
- Are well-coordinate with a strong sense of timing and body movements
- Often wiggle, tap their feet, or move their legs when they sit
- Often were labeled as “hyperactive”