LEARNING STYLE ASSESSMENT

Read each statement and select the appropriate number response as it applies to you.

Often (3)  Sometimes (2)  Seldom/Never (1)

VISUAL MODALITY

________ I remember information better if I write it down.
________ Looking at the person helps keep me focused.
________ I need a quiet place to get my work done.
________ When I take a test, I can see the textbook page in my head.
________ I need to write down directions, not just take them verbally.
________ I don’t always get the meaning of a joke.
________ I doodle and draw pictures on the margins of my notebook pages.
________ I have trouble following lectures.
________ I react very strongly to colors.

_____ TOTAL

AUDITORY MODALITY

________ My papers and notebooks always seem messy.
________ When I read, I need to use my index finger to track my place on the line.
________ I do not follow written directions well.
________ If I hear something, I will remember it.
________ Writing has always been difficult for me.
________ I often misread words from the text-(i.e., “them” for “then”).
________ I would rather listen and learn than read and learn.
________ I’m not very good at interpreting an individual’s body language.
________ Pages with small print or poor quality copies are difficult for me to read.
________ My eyes tire quickly, even though my vision check-up is always fine.

_____ TOTAL

LEARNING TIPS
STUDENT SUCCESS STARTS HERE
KINESTHETIC/TACTILE MODALITY

_______ I start a project before reading the directions.
_______ I hate to sit at a desk for long periods of time.
_______ I prefer first to see something done and then to do it myself.
_______ I use the trial and error approach to problem-solving.
_______ I like to read my textbook while riding an exercise bike.
_______ I take frequent study breaks.
_______ I have a difficult time giving step-by-step instructions.
_______ I enjoy sports and do well at several different types of sports.
_______ I use my hands when describing things.
_______ I have to rewrite or type my class notes to reinforce the material.

___ TOTAL

Total the score for each section

My Learning Style Assessment Scores:

1st ______________________________

2nd ______________________________

3rd ______________________________

A score of 21 points or more in a modality (visual/auditory/kinesthetic) indicates a strength in that area. The highest of the 3 scores indicates the most efficient method of information intake.

The second highest score indicates the modality which boosts the primary strength. For example, a score of 23 in visual modality indicates a strong visual learner. Such a learner benefits from the text, from filmstrips, charts, graphs, etc. If the second highest score is auditory, then the individual would also benefit from audio tapes, lectures, etc. If you are strong kinesthetically, then taking notes and rewriting class notes will reinforce information.

Learning Style Assessment Adapted from http://www.odessa.edu/dept/govt/dille/brian/courses/1100orientation/learningstyleinventory_survey.pdf

For more Learning Tips please visit: www.stlawrencecollege.ca/studentsuccessfacilitators