

Learning Styles Preference Inventory A

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

Often – 3

Sometimes- 2

Seldom/Never- 1

- _____ 1) I remember information better if I write it down.
- _____ 2) My papers and notebooks always seem messy.
- _____ 3) I start a project before reading the directions.
- _____ 4) Looking at the person helps keep me focused.
- _____ 5) When I read, I need to use my index finger to track my place on the line.
- _____ 6) I hate to sit at a desk for long periods of time.
- _____ 7) I need a quiet place to get my work done.
- _____ 8) I do not follow written directions well.
- _____ 9) I prefer first to see something done and then to do it myself.
- _____ 10) When I take a test, I can see the textbook page in my head.
- _____ 11) If I hear something, I will remember it.
- _____ 12) I use the trial and error approach to problem-solving.
- _____ 13) I need to write down directions, not just take them verbally.
- _____ 14) Writing has always been difficult for me.
- _____ 15) I like to read my textbook while riding an exercise bike.
- _____ 16) Music or background noise distracts my attention from the task at hand.
- _____ 17) I often misread words from the text, i.e. "them" for "then").
- _____ 18) I take frequent study breaks.
- _____ 19) I don't always get the meaning of a joke.
- _____ 20) I would rather listen and learn than read and learn.
- _____ 21) I have a difficult time giving step-by-step instructions.
- _____ 22) I doodle and draw pictures on the margins of my notebook pages.
- _____ 23) I'm not very good at interpreting an individual's body language.
- _____ 24) I enjoy sports and do well at several different types of sports.
- _____ 25) I have trouble following lectures.
- _____ 26) Pages with small print or poor quality copies are difficult for me to read.
- _____ 27) I use my hands when describing things.
- _____ 28) I react very strongly to colors.
- _____ 29) My eyes tire quickly, even though my vision check-up is always fine.
- _____ 30) I have to rewrite or type my class notes to reinforce the material.

Learning Styles Inventory Scoring Guide

Write your score for each statement beside the appropriate number below, and then add all the scores in each column.

- | | | |
|----------|----------|----------|
| 1)_____ | 2)_____ | 3)_____ |
| 4)_____ | 5)_____ | 6)_____ |
| 7)_____ | 8)_____ | 9)_____ |
| 10)_____ | 11)_____ | 12)_____ |
| 13)_____ | 14)_____ | 15)_____ |
| 16)_____ | 17)_____ | 18)_____ |
| 19)_____ | 20)_____ | 21)_____ |
| 22)_____ | 23)_____ | 24)_____ |
| 25)_____ | 26)_____ | 27)_____ |
| 28)_____ | 29)_____ | 30)_____ |

Total:

Visual	Auditory	Kinesthetic

The largest number in the total of the three columns above indicates your dominant learning style.

Visual learners learn best by seeing. Visual learners benefit from reading the book, seeing videos, charts, graphs, diagrams and color.

Auditory learners learn best by listening. Auditory learners benefit from lectures, listening to recordings and talking to themselves.

Kinesthetic (or tactile) learners learn best by moving, touching or doing. Kinesthetic learners benefit from hands-on experiments, taking notes, writing and re-writing notes.