

## Learning Styles Preference Inventory B

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

Often – 3      Sometimes- 2      Seldom/Never- 1

- \_\_\_\_\_ 1) I remember math better if I write it down.
- \_\_\_\_\_ 2) I learn best from a lecture and worst from the whiteboard or textbook.
- \_\_\_\_\_ 3) I learn best in math when I just get in and do something with my hands.
- \_\_\_\_\_ 4) I prefer to study math in a quiet place.
- \_\_\_\_\_ 5) I hate taking notes; I prefer just to listen to lectures.
- \_\_\_\_\_ 6) I learn and study math better when I can pace the floor, shift positions, tap my pencil etc.
- \_\_\_\_\_ 7) It's hard for me to understand math when someone explains it without writing it down.
- \_\_\_\_\_ 8) I have difficulty following written solutions on the board unless the teacher verbally explains all the steps.
- \_\_\_\_\_ 9) I learn math best when I can manipulate or use hands-on examples.
- \_\_\_\_\_ 10) It helps when I can picture working a problem out in my mind.
- \_\_\_\_\_ 11) I can remember more of what is said to me than what I see.
- \_\_\_\_\_ 12) I usually can't verbally explain how I solved a math problem.
- \_\_\_\_\_ 13) I enjoy writing down as much as I can in math.
- \_\_\_\_\_ 14) The more people explain math to me, the faster I learn it.
- \_\_\_\_\_ 15) I can't just be shown how to do a problem; I must do it myself so I can learn.
- \_\_\_\_\_ 16) I need to write down all the solutions and formulas in order to remember them.
- \_\_\_\_\_ 17) I don't like reading explanations in my math book; I'd rather have someone explain the new material to me.
- \_\_\_\_\_ 18) I've always liked using my fingers to figure out math.
- \_\_\_\_\_ 19) When taking a math test, I can often see in my mind the page in my notes or in the text where the explanations or answers are located.
- \_\_\_\_\_ 20) I tire easily when reading math, though my eyes are okay.
- \_\_\_\_\_ 21) I need to take lots of breaks and move around when I study math.
- \_\_\_\_\_ 22) I get easily distracted or have difficulty understanding in math class when there is talking or noise.
- \_\_\_\_\_ 23) I wish my math teachers would lecture more and write less on the board.

- \_\_\_\_\_24) I prefer to use my intuition to solve math problems, to feel or sense what's right.
- \_\_\_\_\_25) Looking at my math teacher when he or she is lecturing helps me to stay focused.
- \_\_\_\_\_26) I repeat the numbers to myself when mentally working out math problems.
- \_\_\_\_\_27) I enjoy figuring out math games and math puzzles when I learn math.
- \_\_\_\_\_28) If I'm asked to do a math problem, I have to see it in my mind's eye to understand what is being asked of me.
- \_\_\_\_\_29) I can work a math problem out more easily if I talk myself through the problem as I solve it.
- \_\_\_\_\_30) I learn math best if I can practice it in real-life experiences.

This survey is adapted from *Conquering Math Anxiety*, by Dr. Cynthia A. Arem.

## 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:**

<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic</b>

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.