

LEARNING STYLES CHECKLIST

Read each statement carefully. On the line, write the number that best describes how each statement applies to you. Answer honestly: there are no “right,” “wrong,” or “bad” answers. Total your score at the end of each section.

1	2	3	4	5
Almost Never Applies	Applies Once in a While	Sometimes Applies	Often Applies	Almost Always Applies

- _____ 1. I enjoy doodling and even my notes have lots of pictures, arrows, etc., in them.
- _____ 2. I remember things better if I write them down, even if I don't go back to see what I've written.
- _____ 3. When trying to remember a phone number, it helps me to get a picture in my head.
- _____ 4. When recalling information during a test, I can see in my mind's eye the textbook page and the information on it.
- _____ 5. Unless I write down the direction to a place, I'm likely to get lost or arrive late.
- _____ 6. It helps me to at a person when he or she is speaking. It helps keep me focused.
- _____ 7. It's hard for me to concentrate on what is being said if there is background noise.
- _____ 8. It's difficult for me to understand a joke when I hear it.
- _____ 9. It's easier for me to get work done in a quiet place.

VISUAL TOTAL _____

- _____ 1. When reading, I read aloud, “hear the words in my head.”
- _____ 2. When memorizing something, it helps me to recite it over and over.
- _____ 3. If I want to understand something, it helps me to try to explain it to someone else.
- _____ 4. During lectures, I don't need to take notes to remember what was said. Sometimes taking notes even makes it harder for me to listen.
- _____ 5. I remember what people have said rather than what they were wearing.
- _____ 6. I would rather listen to the news on the radio than read it in the paper.
- _____ 7. I like recording memos to myself to sending and receiving messages on a voicemail rather than using written notes.

_____ 8. I can easily understand what a speaker is saying, even though my eyes are closed or I'm staring out the window.

_____ 9. I talk to myself when problem solving or writing.

_____ 10. I prefer to have someone tell me how to do something rather than have to read the directions.

AUDITORY TOTAL _____

_____ 1. I don't like to read or listen to directions; I'd rather just start doing.

_____ 2. I learn best when I'm shown how to do something and then have the opportunity to do it.

_____ 3. I can study better with music playing in the background.

_____ 4. Instead of trying to solve problems with a definite plan in mind, I like to try different things until I hit on something that works.

_____ 5. My desk looks disorganized.

_____ 6. I move my lips when I read.

_____ 7. I take notes but seldom go back and read them.

_____ 8. I can easily find my way around, even in strange surroundings.

_____ 9. I think better when I have the freedom to move around. I get fidgety and feel trapped when sitting behind a desk.

_____ 10. When I don't think of a specific word, I'll use my hands a lot and call something a "whatchamacallit" or a "thingamajig."

HAPTIC TOTAL _____

The area in which you have the highest score represents your best learning style. If you have a second or even a third high score, this represents your next best learning style(s). Capitalize on your best learning style to improve your academic performance.