

# Learning Styles Inventory

This chart helps you determine your learning style; read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but one column will likely contain the most answers. The dominant column indicates your primary learning style.

<b>When you..</b>	<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic &amp; Tactile</b>
<b>Spell</b>	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
<b>Talk</b>	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see</i> , <i>picture</i> , and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear</i> , <i>tune</i> , and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel</i> , <i>touch</i> , and <i>hold</i> ?
<b>Concentrate</b>	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
<b>Meet someone again</b>	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
<b>Contact people on business</b>	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
<b>Read</b>	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
<b>Do something new at work</b>	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
<b>Put something together</b>	Do you look at the directions and the picture?		Do you ignore the directions and figure it out as you go along?
<b>Need help with a computer application</b>	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?

Adapted from Colin Rose(1987). *Accelerated Learning*. <http://www.chaminade.org/inspire/learnstl.htm>

## ***Tips for Visual Learners***

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If you are a visual learner, you will learn best when information is presented in the form of a graph, chart, picture or text on a page or screen. You need to see the information.

To increase your chances of memorizing information, find a way to test yourself with visual clues. Flash cards work well for visual learners especially if you introduce color coding and images with the words. For example, say you need to memorize a bunch of medical terms. Create flash cards that have the term on one side plus an image. On the other side of the card, define the term. When you work through the pile - look at the image/term and ask yourself the definition. If you get it right, put it in the right pile. If you get it wrong, put it in the wrong pile. Once you are through the pile, take the wrong pile and cycle through it creating new right and wrong piles. Continue to work through the wrong pile until it doesn't exist anymore i.e. they are all in the right pile!

Color coding is also a great tool for visual learners. Introduce color wherever you can to help you retain information and stay organized. There are many wonderful colorful office supplies that could really add to your efficiency and information retention.

To work through a problem, especially one with sequential steps, creating a flow chart will help your brain sort out the best solutions. Another problem solving and idea processing tool is a mind map. Mind mapping documents a flow of ideas that branch from the central issue. Checklists are another helpful tool to organize visual learners.

## ***Tips for Auditory Learners***

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If you are an auditory learner, you will learn best when information is presented in a lecture, teleconference or presentation. You need to hear the words to understand them. You'll remember a person's voice more than their appearance or name on a piece of paper.

To increase your chances of memorizing information, read it out loud or have someone else read it to you. Talking books are designed for the visually impaired or for those who want to learn as they drive but they are also great for auditory learners. Another memory tool for auditory learners is to create songs or jingles containing the information you need to memorize.

Recording devices are must have learning tools for auditory learners. Use a voice recorder to practice or create an auditory record of information you need to learn. Voice recorders are also handy for recording ideas, solutions to problems and new strategies. Videos will also help you learn, not the pictures, but the sound track.

To work through problems, you may catch yourself talking about it to friends, family or anyone who will listen. You love brainstorming sessions and discussions as they help you to understand the issues and creatively problem solve.

Choose training that is presented as lectures or teleconferences. Record lectures for future play back and review. Coordinate and/or participate in study groups where you discuss the concepts you are learning.

### ***Tips for Kinesthetic and Tactile Learners***

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If you are a kinesthetic learner, you will learn best when learning takes the form of doing. You need to get your hands dirty and dive right in order to grasp the new concept.

To increase your chances of memorizing information, find a way to make your learning more active. Creating or using games, computer software, puzzles and other hands-on activities will help you to learn through doing. Like visual learners, drawing flow charts and mind maps are useful tools but it is the act of creating them that will cause learning, not the visual tool in the end.

Experimentation is how kinesthetic learners learn. They try things using past experience as a foundation and see how it turns out. If you learn kinesthetically, introduce experimentation where possible and learn from any mistakes. Taking calculated risks is where you'll shine.

Avoid lectures and look for online learning opportunities, especially online courses that utilize multi-media interactivity such as self-assessment quizzes. If you do choose in-person training, look for classes that have labs or other active forms of training (simulations, projects etc.).

Keeping organized may a big challenge for you as your priority is to keep doing, not to stop and organize. Try to find ways to make your organization active. Purchase filing cabinets on wheels, label makers, sorting systems/supplies and create databases to store valuable information. Form and color are not as important to you as function is so look for office supplies and tools that are designed to be highly functional.

[http://www.suite101.com/blog/joni188/tips\\_for\\_visual\\_learners](http://www.suite101.com/blog/joni188/tips_for_visual_learners)