WHAT IS YOUR LEARNING STYLE?

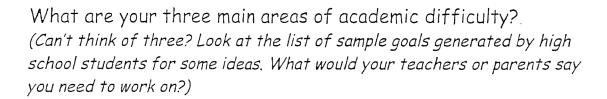
Fill in the following blanks with the letter that best describes the way you "see"

yourself. After you complete each item, count up the number the items you answered with a, b, and c. At the end of the second page there is an explanation of what your answers tell you about your learning style. 1) I learn best by: a. seeing or watching demonstrations b. reading or listening to information c. being involved or actually doing a task When I read I: 2) a. like descriptions, stop to "see" a scene in my mind b. don't always look at pictures, sometimes move my lips c. like lots of action in reading, fidget while I read 3) When I spell I: a. write out the word to see if it looks right b. sound out the word c. don't spell well, the spelling of a word has to "feel" right I remember best: 4) a. faces, I forget names, I often write down things to help remember them b. names, I forget faces, I repeat things to myself to help remember them c. when I've actually done something 5) When I imagine things: a. I think in pictures b. I think mainly about sounds c. which are in motion 6) I get distracted by: a. motion or messy surroundings b. sounds c. don't pay much attention to either sounds or movement 7) When I solve a problem I: a. plan in advance, often make lists b. talk myself through the problem c. am impulsive, work on the problem physically

		8)	f nothing much is happening i: . stare, doodle, or find something to wate . hum to myself, talk to others . fidget, find a reason to move around	ch
	_	9)	f I find myself in a new situation I: . look around, try to figure out the orgar . talk about it . try things out, touch and feel things	lization of the situation
	-	10)	show my emotions by: staring when I'm angry, crying easily; s my face shouting when I'm happy or angry, but jumping for joy, stomping off; use my b	calm down quickly
		11)	Then I'm communicating I: don't talk long, use short descriptions enjoy listening, but can't wait to talk, us use my hands a lot when I talk, don't ter	e long descriptions nd to listen well
	_	12)	verall, I think my appearance is: neat, I like order not that important neat, but often my clothes get wrinkled o	luickly
	_	13)	relation to the arts I: like pictures best, music isn't all that im like music best, doesn't always catch all respond to music by dancing, I like sculp statues or paintings	the details of things
How 1	many c	of each	ter did you get?	
	a			
	b			
	c			
If you	had:	mostly	a's you are a visual person b's you are more auditory (respond to so c's you are kinesthetic (respond to mov activities)	ounds) ements and hands-on

Some people are a mix of 2 or 3 different categories.

Bringing it all together....



1.

2.

3.

Based on what you know about your learning style, what can you do to make these areas of difficulty more successful?

Based on what you know about your learning style, what can your teachers do to make these areas of difficulty more successful?

Realization writing sample

Some ideas to get you going...

• How does what you have learned today relate to how you learn in school?