

# 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
- \_\_\_\_\_ 2) When I read I:  
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
- \_\_\_\_\_ 4) I remember best:  
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) If nothing much is happening I:  
 a. stare, doodle, or find something to watch  
 b. hum to myself, talk to others  
 c. fidget, find a reason to move around
- \_\_\_\_\_ 9) If I find myself in a new situation I:  
 a. look around, try to figure out the organization of the situation  
 b. talk about it  
 c. try things out, touch and feel things
- \_\_\_\_\_ 10) I show my emotions by:  
 a. staring when I'm angry, crying easily; show emotions on my face  
 b. shouting when I'm happy or angry, but calm down quickly  
 c. jumping for joy, stomping off; use my body to show emotions
- \_\_\_\_\_ 11) When I'm communicating I:  
 a. don't talk long, use short descriptions  
 b. enjoy listening, but can't wait to talk, use long descriptions  
 c. use my hands a lot when I talk, don't tend to listen well
- \_\_\_\_\_ 12) Overall, I think my appearance is:  
 a. neat, I like order  
 b. not that important  
 c. neat, but often my clothes get wrinkled quickly
- \_\_\_\_\_ 13) In relation to the arts I:  
 a. like pictures best, music isn't all that important  
 b. like music best, doesn't always catch all the details of things  
 c. respond to music by dancing, I like sculptures, often touch statues or paintings

How many of each letter did you get?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

If you had: mostly a's you are a visual person  
 mostly b's you are more auditory (respond to sounds)  
 mostly c's you are kinesthetic (respond to movements and hands-on activities)

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

## Bringing it all together.....

What are your three main areas of academic difficulty?  
*(Can't think of three? Look at the list of sample goals generated by high school students for some ideas. What would your teachers or parents say you need to work on?)*

1.

2.

3.

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

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

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## Realization writing sample

Some ideas to get you going...

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