

My Learning Style

Name:

Ways that I learn best...

Ways of learning that I need more practise in...



How do you learn best? Find out by marking the answers most like you.

1. What do you remember most after meeting new people?

their face, clothes etc	what they said, and how they said it	something they did
-------------------------	---	--------------------

2. If you have to give directions to get somewhere, what do you do?

draw a map and describe important landmarks	tell them bit by bit (go left, then turn right)	rely on hand gestures to show them
--	--	---------------------------------------

3. In your free time which do you prefer?

watch TV or a film	listen to music or talk with friends / family	sport / outdoor activities
--------------------	--	----------------------------

4. When you think of your earliest memories what are they mostly of?

things you saw	things people said	things you did or felt
----------------	--------------------	------------------------

5. When you are trying to concentrate, what distracts you most?

an untidy room, things on the wall etc	talking and other noises	other people moving around
---	--------------------------	----------------------------

6. How do you try to remember things like phone numbers?

write them down	say them out loud a couple of times	use them over and over again
-----------------	--	---------------------------------

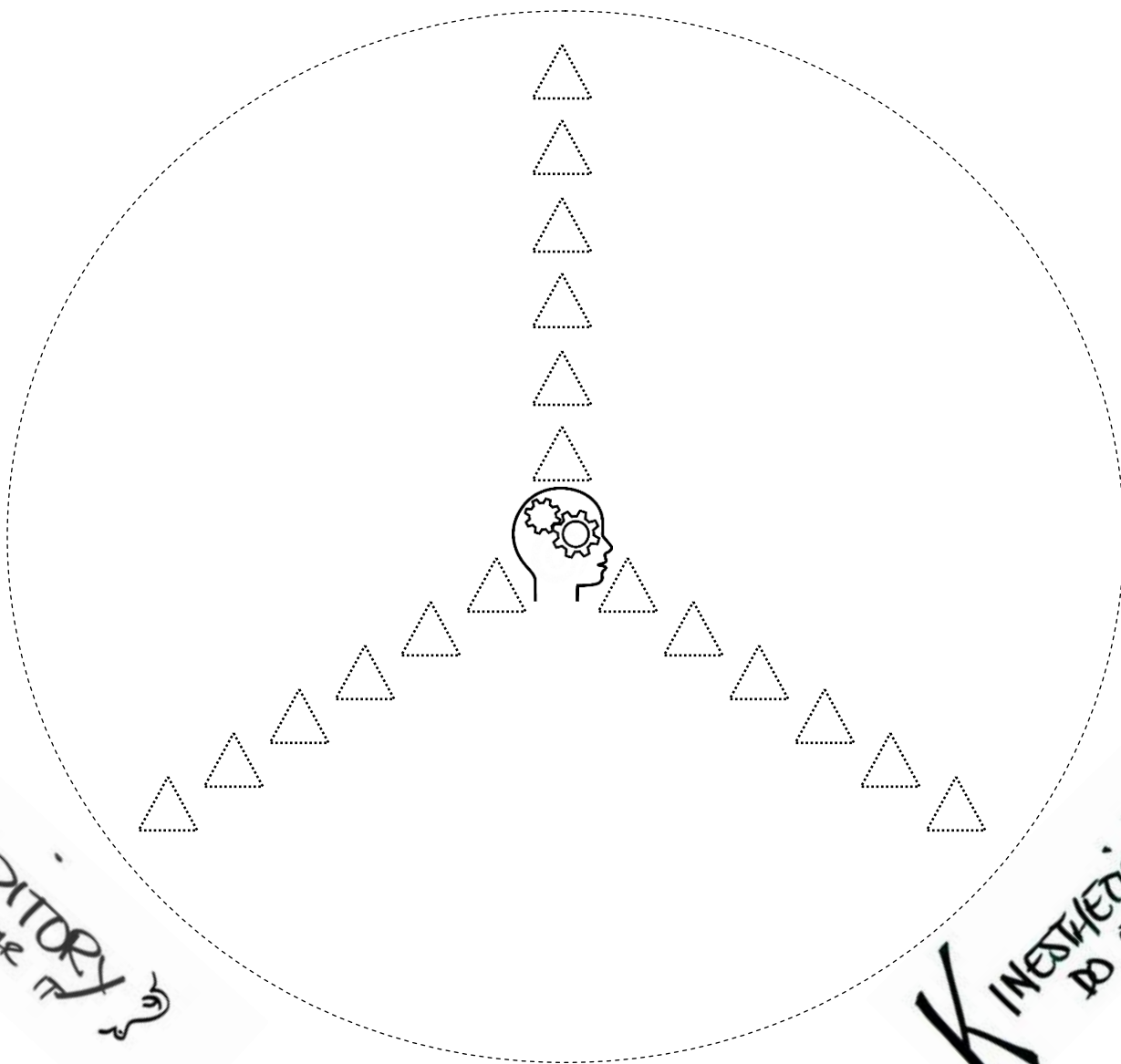
V ____

A ____

K ____

Now count up your answers and work out your style.

VISUAL
SEE IT 



AUDITORY
HEAR IT 

KINESTHETIC
DO IT 

Mostly Vs



- ★ You're a great watcher.
- ☺ You prefer working with pictures, diagrams and mind-maps.
- ☺ You prefer to read the instructions before doing a task.
- ☺ You probably prefer to make a 'to do' list or other plan before getting on with a task.
- ☹ Sometimes you might bogged down in too much note-making and planning.
- ☺ You could use phrases like 'show me' and 'let's have a look at it' to understand better.

Mostly As



- ★ You're a great listener.
- ☺ You prefer to be told the instructions rather than read them.
- ☺ You will often work best after listening to instructions.
- ☺ You may often say or even sing something to yourself to remember it.
- ☹ Sometimes you might find it hard turning things you've talked about into writing.
- ☺ You could use phrases like 'tell me' and 'let's talk it through' to understand better.

Mostly Ks



- ★ You're a great doer.
- ☺ You work best when touching, holding, moving, making, shaping etc.
- ☺ You tend to find new tasks easier by trying them out and learning as you go.
- ☺ You may find it easier to just get writing and check it over as you go - rather than planning it out first.
- ☹ Sometimes you might find it hard to organise your ideas and keep a clear head.
- ☺ You could use phrases like 'let me try it out' to understand better.