

Learning Styles Inventory

Answer the questions to the best of your ability. Mark a **YES** or **NO** response.

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| 1. I prefer watching a video to reading. | YES | NO |
| 2. When I sing along with my CDs or the radio, I know the words to the songs. | YES | NO |
| 3. I have athletic ability. | YES | NO |
| 4. I can picture the setting of a story I am reading. | YES | NO |
| 5. I study better with music in the background. | YES | NO |
| 6. I enjoy hands-on learning. | YES | NO |
| 7. I'd rather play sports than watch someone play them. | YES | NO |
| 8. Reading aloud helps me remember. | YES | NO |
| 9. I prefer watching someone perform a skill or a task before I actually try it. | YES | NO |
| 10. I color-coordinate my clothes. | YES | NO |
| 11. I'm good at rhyming and rapping. | YES | NO |
| 12. Use phrases like: "I've got a handle on it," "I'm up against the wall," or "I have a feeling that . . ." | YES | NO |
| 13. I need to look at something several times before I understand it. | YES | NO |
| 14. I prefer having instructors give oral directions than written ones. | YES | NO |
| 15. I have difficulty being still for long periods of time. | YES | NO |
| 16. I use phrases like "I see what you're saying," "That looks good," or "That's clear to me." | YES | NO |
| 17. I'm good at figuring out how something works. | YES | NO |
| 18. I can understand a taped lecture. | YES | NO |
| 19. It's easy for me to replay scenes from movies in my head. | YES | NO |
| 20. I enjoy studying foreign languages. | YES | NO |
| 21. I would rather conduct my own science experiment than watch someone else do it. | YES | NO |
| 22. I would rather paint a house than a picture. | YES | NO |
| 23. I enjoy studying in groups. | YES | NO |
| 24. I prefer to have written directions to someone's home. | YES | NO |
| 25. I can look at an object and remember it when I close my eyes. | YES | NO |
| 26. I have musical ability. | YES | NO |
| 27. When I study new vocabulary, writing the words several times helps me learn. | YES | NO |
| 28. I can imagine myself doing something before I actually do it. | YES | NO |
| 29. I use phrases like "That rings a bell," "I hear you," or "That sounds good." | YES | NO |
| 30. I enjoy building things and working with tools. | YES | NO |

Scoring Your Inventory

Tally your responses by adding up only the YES answers. Put the number of the question in the appropriate box. For example, if you answered questions number nine with a yes, write nine in the **VISUAL** box. If you answered number 11 with a yes, write number 11 in the **AUDITORY** box. If you answered number seven with a yes, write seven in the **KINESTHETIC** box. Add up the number of questions in each box and write a total for each one. This will determine your *preferred learning style*. Don't worry if a dominant mode doesn't emerge. You are a versatile learner! Use the knowledge you gain to create excellent study tools, the ones that are right for you. Chart your answers below.

Visual Style: Questions 1, 4, 9, 10, 13, 16, 19, 24, 25, 28
Auditory Style: Questions 2, 5, 8, 11, 14, 18, 20, 23, 26, 29
Kinesthetic Style: Questions 3, 6, 7, 12, 15, 17, 21, 22, 27, 30

Visual	Auditory	Kinesthetic
Total:	Total:	Total:

The highest score indicates your *preferred learning style*. If you have a high score in more than one area, you are using additional modalities. Remember that there are no wrong answers to this inventory.

Everyone is an individual and has her own style of learning.

Characteristics of Visual, Auditory, and Kinesthetic Modes

- **Visual learners need to see information.** If your preferred style is visual, you have strong visualization skills and can remember objects, shapes, and pictures. You learn by reading, and by watching films, videos, and demonstrations. You can see pictures in your mind.
- **Auditory learners need to hear information.** If your preferred style is auditory, you have a “good ear” and can hear differences in tones and rhythm. Reading out loud will be beneficial. You can remember what you hear in a lecture.
- **Kinesthetic learners need to be physically active and doing things.** If your preferred style is kinesthetic, you are a hands-on learner. You have good coordination and learn by doing. You generally have an active approach to learning.

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