

Learning Styles Profile¹

Directions: Read each statement. Place a number in the box at the end of each statement:

1 = never like me

2 = sometimes like me

3 = frequently like me

4 = almost always like me

5 = always like me

- | | | | | |
|---|--|--|--|--|
| 1. In lecture classes, I find it helpful when information is written on the board. | | | | |
| 2. I prefer interactive websites that involve a fair amount of clicking and mouse action. | | | | |
| 3. I find graphs and diagrams useful in clarifying concepts. | | | | |
| 4. I would rather listen to a voicemail message than read a text message. | | | | |
| 5. As a child, I liked to do physical activities during my free time. | | | | |
| 6. Reading my textbooks out loud helps me understand and remember information. | | | | |
| 7. I find it helpful to read captioned text while watching a video. | | | | |
| 8. When learning a new skill, I would rather watch a video on it than listen to someone tell me how to do it. | | | | |
| 9. I benefit more from lab classes than lecture classes. | | | | |
| 10. I would rather listen to a book on an MP3 player than read it. | | | | |
| 11. I like solving crossword or word search puzzles. | | | | |
| 12. I find it helpful to actively highlight or underline in my text. | | | | |
| 13. I would rather have written instructions than spoken instructions. | | | | |
| 14. When doing something that involves several steps, I benefit from talking myself through the steps. | | | | |
| 15. I tend to move or manipulate something in my hand during lecture. | | | | |
| 16. I would rather use a map than hear verbal directions. | | | | |
| 17. As a child, I liked to listen to stories told to me, or stories on CD. | | | | |
| 18. I like solving mazes or jigsaw puzzles. | | | | |
| 19. When trying to remember a number, I can "see" the number sequence in my head. | | | | |
| 20. I learn better by doing than by watching. | | | | |
| 21. I would rather read material in a book than listen to a lecture. | | | | |
| 22. I benefit from recording a lecture and listening to it later. | | | | |
| 23. As a child, I liked to read books during my free time. | | | | |
| 24. When searching websites for information, I prefer some diagrams rather than a screen full of text. | | | | |
| 25. I would rather talk with an instructor on the phone than communicate via email. | | | | |
| 26. I can remember information more easily as a graph or chart. | | | | |
| 27. I learn best when physical activity is involved. | | | | |
| 28. When taking a test, I can "picture" where the answer appeared in my notes. | | | | |

Total down each column

A	B	C	D

Your Learning Styles Profile

- ✓ Enter your results on the table; place an “X” next to the total for each learning style.
- ✓ The four columns on the survey represent the following learning styles:
 - A = Visual Graphic
 - B = Visual Text
 - C = Auditory
 - D = Kinesthetic
- ✓ Circle your two strongest learning styles at the top of the column.
 - To optimize learning, try to combine your strongest learning styles

Score	Visual Graphic	Visual Text	Auditory	Kinesthetic
35				
34				
33				
32				
31				
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1				