### Learning Style Inventory

Check the answer that most closely describes your preference.

1. If I have to learn how to do something, I learn best when I:
   - ( ) hear someone tell me how.
   - ( ) watch someone show me how.
   - ( ) try to do it myself.

2. When I read, I often find that I:
   - ( ) read out loud or hear the words inside my head.
   - ( ) visualize what I'm reading in my mind's eye.
   - ( ) fidget and try to "feel" the content.

3. When I am asked to give directions, I:
   - ( ) have no difficulty in giving them verbally.
   - ( ) see the actual places in my mind as I say them or prefer to draw them.
   - ( ) have to point or move my body as I give them.

4. If I had to remember a list of items, I would remember best if I:
   - ( ) said them over and over to myself.
   - ( ) wrote them down.
   - ( ) moved around and used my fingers to name each item.

5. I prefer teachers who:
   - ( ) talk with a lot of expression.
   - ( ) use the board or overhead projector while they lecture.
   - ( ) use hands-on activities.

6. When trying to concentrate, I have a difficult time when...
   - ( ) there is a lot of noise in the room.
   - ( ) there is a lot of clutter or movement in the room.
   - ( ) I have to sit still for any length of time.

7. When solving a problem, I:
   - ( ) talk to myself through it.
   - ( ) write or draw diagrams in order to see it.
   - ( ) use my entire body or move objects to help me think.

8. When given written instructions on how to build something, I:
   - ( ) read them out loud and talk to myself as I put the parts together.
   - ( ) read them silently and try to visualize how the parts will fit together.
   - ( ) try to put the parts together first and read later.

9. To keep occupied while waiting, I:
   - ( ) talk to or listen to others.
   - ( ) Look around, stare, or read.
   - ( ) walk around, manipulate things with my hands, or move/shake my feet as I sit.

10. If I had to verbally describe something to another person, I would:
    - ( ) go into great detail because I enjoy talking.
    - ( ) be brief because I do not like to talk at length.
    - ( ) gesture and move around while talking.

11. If someone were verbally describing something to me, I would:
    - ( ) enjoy listening but want to interrupt and talk myself.
    - ( ) try to visualize what she/he is saying.
    - ( ) become bored if his/her description got too long and detailed.

12. When trying to recall names, I remember...
    - ( ) names but forget faces.
    - ( ) faces but forget names.
    - ( ) the situation in which I met the person better than the person's name or face.

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**Total Scores:**

Add the check marks in each column.

- A
- B
- C
Instructions:

Add the number of responses in each column and enter the total score. The area with the highest number of responses is probably your primary mode of learning.

Because most people learn through a mixture of all three styles, consider all different learning suggestions and select those you feel will work best for you.

A - The Auditory learner learns best by hearing.

B - The Visual learner learns best by seeing.

C - The Kinesthetic learner learns best by doing and moving.

There are, of course, no right or wrong learning styles.

Learning Style Inventory

Discover your preferred cognitive style for learning.

There are twelve incomplete sentences and three choices for completing each sentence. Place a check in front of the answer that most closely reflects your preference.

Adapted from: Learning to Study Through Critical Thinking by Jonelle A. Beatrice