

Learning Styles Questionnaire

Circle the answer, which is most appropriate to you. This is not an analytical process, go with the answer which is closest to whether you agree or disagree.

Please note. There are no right or wrong answers. In addition, some questions may seem the same but they are worded slightly differently to help with this process. Answer all the questions.

1	When talking about an enjoyable event to a friend or colleague, do you describe the sounds, music, and noises?	Yes	No
2	Do you use your hands when you speak?	Yes	No
3	When finding out about major political and social events do you prefer radio and TV rather than newspaper?	Yes	No
4	When using a computer, do you find the icons and pictures in the tool bar useful?	Yes	No
5	When taking down information do you prefer pictures and illustrations rather than direct written notes?	Yes	No
6	When playing chess, can you picture the pieces in different positions?	Yes	No
7	Do you like fixing, repairing or upgrading mechanical/ electrical products such as engines, radios, computers?	Yes	No
8	When asked to spell a word, do you write it in different ways to see which is correct?	Yes	No
9	When learning new facts, do you prefer direct telling (i.e. lectures, talks etc)?	Yes	No
10	Do you like to make things (including cooking a meal)?	Yes	No
11	When using a computer, do you use the sound outputs to note an error or illegal function?	Yes	No
12	When revising or learning new process, do you prefer diagrams and pictures?	Yes	No
13	When copying, are you quick and accurate?	Yes	No
14	If you are told a new fact or story, do you usually remember it?	Yes	No
15	In your spare time are you physically active (i.e. Gym, aerobics, sport, jogging)?	Yes	No
16	Do you like listening to music?	Yes	No
17	If you are going to an art gallery or exhibition do you prefer to go on your own?	Yes	No
18	Do you find people's names easier to remember than their faces?	Yes	No
19	If asked for a spelling, do you have to write the words down?	Yes	No
20	Do you like to move around when you are working?	Yes	No
21	Do you learn how to spell by saying the letters aloud?	Yes	No
22	When talking about an enjoyable event to a friend or colleague, do you describe what you saw (people, what they wore, the place etc)?	Yes	No
23	When starting a new task, do you prefer written instructions or storyboards?	Yes	No
24	Do you learn a new skill by watching someone else first?	Yes	No
25	Do you find it easier to remember names than faces?	Yes	No
26	Do you say things aloud to help you complete a difficult task?	Yes	No
27	Are you confident when demonstrating to other people?	Yes	No
28	Do you find discussion groups effective?	Yes	No
29	When following a recipe, do you prefer written instructions or storyboards?	Yes	No
30	Are you comfortable in role-playing activities?	Yes	No
31	When researching an issue, do you prefer active work (i.e. visits and interviews) as opposed to passive work (library, internet)?	Yes	No
32	When shopping or watching TV, do you like talking about it with others?	Yes	No

33	Do you find it easy to follow a map?	Yes	No
34	When looking at a new object do you prefer to touch and hold the object in your hands?	Yes	No
35	When reading a novel, can you picture the scene in your mind?	Yes	No
36	Do you talk to yourself when completing a task?	Yes	No
37	Do you look at pictures in a magazine or newspaper before deciding to read the article?	Yes	No
38	When planning a journey, yourself, do you prefer to tell the direction to someone else?	Yes	No
39	Do you find it difficult to sit still for periods of longer than 30 minutes?	Yes	No

Only circle the numbers you answered YES to.

- | | | |
|----|----|----|
| 4 | 1 | 2 |
| 6 | 3 | 5 |
| 8 | 9 | 7 |
| 12 | 11 | 10 |
| 13 | 14 | 15 |
| 17 | 16 | 19 |
| 22 | 18 | 20 |
| 24 | 21 | 23 |
| 25 | 26 | 27 |
| 29 | 28 | 30 |
| 33 | 32 | 31 |
| 35 | 36 | 34 |
| 37 | 38 | 39 |

Total
Circled

Visual/seeing
Learner

Auditory/ Listening
Learner

Practical
Learner

The highest total circled indicates your preferred learning style.

Working outside your preferred learning style can lead to boredom, frustration, and a lack of motivation.

Below are ways to learn more effectively according your preferred style:

Visual/Seeing

- Seeing something in print to help you to remember it better.
- Looking for words within words e.g. **sand**wich, re**new**able.
- Using colours, illustrations, and diagrams to help you learn.
- Highlighting key words.
- Making a mind map or spider diagram.
- Converting notes into a picture or cartoon strip.
- Using pictures to explain text.

Auditory/Listening

- Asking someone to explain things to you.
- Discussing ideas and problems with someone.
- Useful to talk things through/ verbalise thoughts and ideas to yourself.
- Using a tape recorder for notes and thoughts.
- Reading things aloud.

Practical

- Writing things out in a systematic order is a useful way to remember.
- Making a mind map or spider diagram.
- Converting notes into a picture or cartoon strip.
- Preferring to touch and do.
- Writing things in your own words.
- Finger tracing the headings, keywords etc. and saying the words aloud and then writing them down from memory.
- Helping someone else do a task.