

FIND OUT YOUR OWN LEARNING STYLE

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| Please Circle the answer that best reflects you | |
| Do you tend to remember | |
| Faces? Names? | |
| Do you prefer to | |
| Listen to the music/radio/TV? Play sport/go for a walk? | |
| Do you prefer | |
| To get on with a practical task and try it out? Or read up about it first, so you know what you need to do? | |
| Do you prefer working out solutions to problems | |
| By doing the task and then seeing how it works? By talking about the task first? | |
| Do you prefer to get information in | |
| Pictures, diagrams, graphs, or maps? A written format? | |
| Do you remember best | |
| What you see? What you hear? | |

| Scoring the Learning Styles Questionnaire: | |
|---|----------------------------------|
| Q1 | A = Visual B = Auditory |
| Q2 | A = Auditory B = Kinaesthetic |
| Q3 | A = Kinaesthetic B = Visual |
| Q4 | A = Kinaesthetic B = Auditory |
| Q5 | A = Visual B = Kinaesthetic |
| Q6 | A = Visual B = Auditory |

If you chose, e.g. A for Q1, then tick the visual column below. Do this for all questions.

Whichever column has the most ticks indicates your preferred learning style.

Note some people will have equal scores in all three columns which indicates that you learn best evenly through all learning channels.

| Visual | Auditory | Kinaesthetic |
|--------|----------|--------------|
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