

LEARNING STYLES ASSESSMENT

Read each question or statement and circle the most appropriate answer. Some will be difficult to answer, but try to respond according to how you would react most often.

1. You usually remember more from a class lecture when
 - A. you do not take notes but listen very closely
 - B. you sit near the front of the room and watch the speaker
 - C. you take notes (whether or not you look at them again)
2. You usually solve problems by
 - A. talking to yourself or a friend
 - B. using an organized, systematic approach with lists, schedules, etc.
 - C. walking, pacing, or some other physical activity
3. You remember phone numbers (when you can't write them down) by
 - A. repeating the numbers orally
 - B. seeing or visualizing the numbers in your mind
 - C. writing the numbers with your finger
4. You find it easiest to learn something new by
 - A. listening to someone explain how to do it
 - B. watching a demonstration of how to do it
 - C. trying it yourself
5. You remember most clearly from a movie
 - A. the characters dialogue, background noises and music
 - B. the setting, scenery and costumes
 - C. the feelings you experienced during the movie
6. When you go to the grocery store, you
 - A. silently or orally repeat the grocery list
 - B. walk up and down the aisles to see what you need
 - C. usually remember what you need from the list you left at home
7. You are trying to remember something and so you
 - A. try to see it happen in your mind
 - B. hear in your mind what was said or the noises that occurred
 - C. feel the way it reacted with your emotions