

😊 How Do You Learn Best? 😊

The areas where you have three or more check marks indicate your preferred learning style. For example, you may learn best when you are able to write down what you hear. You may need to talk more about new information to really get it. You might be one of those people who can put together a model plane without looking at the instructions or else you can learn by instructions.

Put check marks next to the items that apply to you.

LISTENING

1. _____ I like to listen to people talk about things.
2. _____ I usually remember what I hear.
3. _____ I would rather watch a movie than read a book.
4. _____ I learned more in school by listening to the facilitator's explanation rather than reading the textbook.
5. _____ I would rather listen to the news on the radio than read the newspaper.
6. _____ I would rather someone tell me about upcoming meetings at work than have to read about them in memos.

Total number of check marks _____

If you learn best by LISTENING...

- Read aloud the information you are studying.
- Use a videotape or an audio tape to record classes or trainings, and listen to the tapes to review information.
- Ask people to explain things to you that you don't understand.
- Study with other people.
- Ask to have oral examinations instead of written tests.
- Call people on the phone instead of writing to them.
- Ask people about upcoming events instead of relying on memos.
- Choose a job where listening plays an important role.

VIEWING

1. _____ I get pictures in my head when I read.
2. _____ I remember faces better than I remember names.
3. _____ When I have to concentrate on spelling a word, I see that word in my mind.
4. _____ When I take a test, I can see in my mind what the notes I took in class look like and that helps me get the answer.
5. _____ I remember what pages in a book look like.
6. _____ I remember events in the past by seeing them in my mind.

Total number of check marks _____

If you learn best by VIEWING:

- Watch other people do the things that you are going to need to know how to do. You will be able to visualize their actions later on.
- Calm yourself by imagining you are in a comfortable environment and that nothing can interfere with your peace.
- As you read something imagine what it would look like if it were happening in real life, or on TV.
- As you study maps, pictures, charts or diagrams, look at them once and then close your eyes and “see” them again.
- Watch videos on a subject so that you will have an easier time “seeing” the information again.
- Visualize the things that you are going to need to do in a day.
- Take note of the shape and color of the things that you will want to remember.
- Visualize telephone numbers and words in your mind. Charts, graphs, pictures.

DOING

1. _____ When I’m thinking through a problem, I pace around or move around a lot.
2. _____ It’s hard for me to sit still and study.
3. _____ I would rather learn by doing something with my hands than read about that same thing in a book.
4. _____ I like to make models of things.

5. _____ When I see something new and interesting I usually want to touch it in order to find out more about it.
6. _____ I would rather go out dancing or bowling than stay home and read a book.

Total number of check marks _____

If you learn by DOING:

- If given a choice, show others that you know how to do something by showing them how you do it rather than taking a test or describing to them how you do it.
- Go on field trips to see how things are actually done.
- When you have to learn how to do something new, watch someone who is actually doing it instead of learning it by reading or hearing about it.
- Choose a job that lets you work with your hands and move around.
- Be sure that your work area has room for you to move around.
- Try moving/walking around when problem solving or when you need to recall information.
- Use your fingers or small objects when working with numbers.
- Act out instructions someone gives you. If they say go right, move your hand to go right.

WRITING

1. _____ I write down things that I need to remember.
2. _____ I make fewer mistakes when I write than when I speak.
3. _____ I like it when someone who is explaining something to me uses a blackboard or a piece of paper to write down the main points, so that I can copy what s/he writes.
4. _____ I keep my schedule by writing down the things I need to do. I would be lost without my daily planner.
5. _____ After I take notes, I rewrite my notes in order to better understand something.
6. _____ When I read I often take notes in order to better understand the ideas I've read.

Total number of check marks _____

If you learn by WRITING:

- When you read, have a pencil with you so that you can underline and take notes as you read along.
- Take notes when listening to instructions. Recopy your notes later on.
- Write down the things that you need to do. Make lists. Keep a written list.
- Get a job that involves writing.
- Write people memos in order to convey information.
- When providing instruction, be sure to have use of a chalkboard so that you can write on it.

READING

1. _____ I would rather read a report myself than to be told what is in it.
2. _____ I like to read in my free time.
3. _____ I usually remember information that I read better than information that I hear.
4. _____ I would rather read the newspaper than watch the news on TV.
5. _____ I can learn how to put something together by reading the instructions.
6. _____ I like it when facilitators write on the board, so that I can read what they write.

Total number of check marks _____

If you learn by READING:

- Read a book that describes what you need to learn before attending a demonstration or lecture.
- Take good notes and then read them later on.
- Make plans for the future by reading about your options. Read travel guides, for example.
- Read instructions instead of having someone tell you or show you how to do something.
- Have people write down directions for you to read.
- Read newspapers, job newsletters and memos to get the information you need.
- Choose a job that requires reading.

SPEAKING

1. _____ When I have a problem to figure out I often talk to myself.
2. _____ People have wondered why I talk to myself.
3. _____ I remember things better when I say them out loud. For example, if I have to learn a new phone number I repeat it again and again to myself.
4. _____ I communicate better by speaking than by writing.
5. _____ I enjoy talking on the phone.
6. _____ I learn best when I study with other people, and we discuss new ideas or concepts.

Total number of check marks _____

If you learn by SPEAKING:

- Ask questions when you don't understand something or need clarification.
- Talk to yourself when you are problem solving or learning something new.
- Study with other people so that you can talk to them about the new information.
- Dictate into a tape recorder the things that you need to remember and play back the tape to remind yourself.
- Repeat things right after you hear them in order to better remember them.
- Repeat phone numbers and names aloud.
- Choose a job that requires a lot of talking.

ASKING FOR ACCOMMODATIONS

Many people aren't aware that learning preferences exist. Others are usually not aware of what your particular learning preference is. Let them know. Feel free to share with them what you know about your own learning style.

Doing: "I wonder if you could show me how this works?"

Listening: "Could you explain to me how this works?"

Reading: "Would you mind giving me written instructions of how this works?"

Viewing: "Would you mind giving me a diagram of how this works?"

Speaking: "Let's talk through this together."

Writing: "Let me write down what you are saying about how this works."