

# Personal Development

## LEARNING STYLE ASSESSMENT



Directions:

To gain a better understanding of yourself as a learner, you need to evaluate the way you learn or process information. By doing so, you will be able to develop strategies that will enhance your learning potential. The following evaluation is a short, quick way to assessing your learning style.

This is not a timed assessment. Answer each question as honestly as you can. Place a check on the appropriate line after each statement

	OFTEN	SOMETIMES	SELDOM
1. Can remember more about a subject through the lecture method with information, explanations and discussion.	_____	_____	_____
2. Prefer information to be written on the chalkboard, with the use of visual aids and assigned readings.	_____	_____	_____
3. Like to write things down or to take notes for visual review.	_____	_____	_____
4. Prefer to use posters, models, or actual practice and some activities in class.	_____	_____	_____
5. Require explanations of diagrams, graphs, or visual directions.	_____	_____	_____
6. Enjoy working with my hands or making things.	_____	_____	_____
7. Am skillful with and enjoy developing and making graphs and charts.	_____	_____	_____
8. Can tell if sounds match when presented with pairs of sounds.	_____	_____	_____
9. Remember best by writing things down several times.	_____	_____	_____
10. Can understand and follow directions on maps.	_____	_____	_____

	OFTEN	SOMETIMES	SELDOM
11. Do better at academic subjects by listening to lectures and tapes.	_____	_____	_____
12. Play with coins or keys in pockets.	_____	_____	_____
13. Learn to spell better by repeating the words out loud than by writing the word on papers	_____	_____	_____
14. Can better understand a news article by reading about it in the paper than by listening to the radio.	_____	_____	_____
15. Chew gum, smoke, or snack during studies.	_____	_____	_____
16. Feel the best way to remember is to picture it in your head.	_____	_____	_____
17. Learn spelling by "finger spelling" words.	_____	_____	_____
18. Would rather listen to a good Lecture or speech than read about the same material in a textbook.	_____	_____	_____
19. Am good at working and solving Jigsaw puzzles and mazes.	_____	_____	_____
20. Grip objects in hands during learning Period.	_____	_____	_____
21. Prefer listening to the news on the radio rather than reading about it in the newspaper.	_____	_____	_____
22. Obtain information on an interesting subject by reading relevant materials.	_____	_____	_____
23. Feel very comfortable touching others, hugging, handshaking, etc.	_____	_____	_____
24. Follow oral directions better than written ones.	_____	_____	_____

# Learning Style Assessment

## SCORING PROCEDURES



### Directions:

Place the point value on the line next to the corresponding item. Add the points in each column to obtain the preference scores under each heading.

OFTEN = 5 points    SOMETIMES = 3 points    SELDOM = 1 point

### **VISUAL**

# Points.

Questions #

2 \_\_\_\_\_

3 \_\_\_\_\_

7 \_\_\_\_\_

10 \_\_\_\_\_

14 \_\_\_\_\_

16 \_\_\_\_\_

19 \_\_\_\_\_

22 \_\_\_\_\_

### **AUDITORY**

# Points

Questions #

1 \_\_\_\_\_

5 \_\_\_\_\_

8 \_\_\_\_\_

11 \_\_\_\_\_

13 \_\_\_\_\_

18 \_\_\_\_\_

21 \_\_\_\_\_

24 \_\_\_\_\_

### **TACTILE**

# Points.

Questions #

4 \_\_\_\_\_

6 \_\_\_\_\_

9 \_\_\_\_\_

12 \_\_\_\_\_

15 \_\_\_\_\_

17 \_\_\_\_\_

20 \_\_\_\_\_

23 \_\_\_\_\_

**VPS** = \_\_\_\_\_

**APS** = \_\_\_\_\_

**TPS** = \_\_\_\_\_

If you are a **VISUAL** learner, then by all means be sure that you look at all study materials. Use charts, maps, filmstrips, notes and flashcards. Practice visualizing or picturing words/concepts in your head. Write out everything for frequent and quick visual review.

If you are an **AUDITORY** learner, you may wish to use tapes. Tape lectures to help you fill in the gaps in your notes. But do listen and take notes, reviewing notes frequently. Sit in the lecture hall or classroom where you can hear well. After you have read something, summarize it and recite it aloud.

If you are a **TACTILE** learner, trace words as you are saying them. Facts that must be learned should be written several times. Keep a supply of scratch paper for this purpose. Taking and keeping lecture notes will be very important. Make study sheets.