

# Learning Styles Assessment

The Learning Styles Assessment is a fun way to learn about your class and the people in it. You can administer this assessment to your participants and also take it yourself. You may want to review the Adult Learning Styles Tip Sheet in this Toolkit as a supplement to this assessment. The Adult Learning Styles Tip Sheet explains in more detail the different styles of learning.

**Generally, there are three types of adult learners that this assessment will identify:**

- ✓ Visual learners enjoy pictures, videos and illustrations.
- ✓ Auditory learners prefer facts, details and clear vocal presentations.
- ✓ Kinesthetic learners need to physically do something to understand and process what they are learning.

Carefully review the instructions for completion and scoring prior to using the assessment. You will want to allow 15 minutes to complete and score the assessment. Additional time can then be spent processing the assessment with the group and discussing the participants' scores.

After participants have scored themselves, lead a group discussion on the different types of learning styles and identify how many of each type of learner is in the group. Begin the discussion by asking, "How many people got between 30 and 40 on visual?" and "How many got between 21 and 30?" Proceed until you get to the lowest score. You will want to repeat this process to gather scores for Auditory and Kinesthetic learners as well. As participants share their scores in each category, write down the numbers. It will be interesting for the group to see how many of each type of learner is represented. There will usually be a higher number of visual learners while the next highest will be auditory. In most groups, kinesthetic learners will be the fewest.

Next, review the traits of the different learning styles and tie this into a discussion. You may want to distribute copies of the Adult Learning Styles Tip Sheet for the participants to reference. Say something like "Most kinesthetic learners like to touch things or play with something like paper-clips or stress-balls, is this true for you?" and "Can you give us an example of when you do that?" Other good questions include "Where is the best place for a visual learner to sit during a class?" and "How do auditory learners process information?" Continue to have this discussion about each style and the common traits particular to each style.

## Learning Styles Assessment Quiz

This assessment should be completed on your own. After reading each statement, put a check mark in the column that is most like you. The scores will be tallied at the end to determine your learning style.

Check either *often*, *sometimes* or *rarely*.

	Often	Sometimes	Rarely
1. I can remember more about a topic when I listen to a lecture with information, explanation and discussion.			
2. I prefer information written on a flip chart or board and assigned readings.			
3. I like to write things down and take notes for review.			
4. I prefer to use posters, models or actual practice when learning.			
5. I need explanations for diagrams, graphs and directions.			
6. I enjoy working with my hands and making things.			
7. I am skillful with and enjoy creating graphs and charts.			
8. I can identify patterns of sound.			
9. I remember best when I write things down several times.			
10. I can understand and follow directions on a map.			
11. I understand better when I listen to lectures and tapes.			
12. I play with coins or keys in my pocket.			
13. I learn to spell better by repeating words aloud than by writing them down.			
14. I understand a news item better when I read it in the paper than when I hear it on the radio.			
15. I chew gum, fidget or snack when I study.			
16. I feel the best way to remember something is to picture it in your mind.			
17. I learn spelling by "finger spelling" or "air writing" words.			
18. I would rather listen to a good lecture or a speech than read about the same material in a textbook or manual.			
19. I am good at solving jigsaw puzzles and mazes.			
20. I hold objects in my hand when I am learning something.			
21. I prefer listening to the news on the radio rather than reading about it in the paper or on the internet.			
22. I obtain information on interesting topics by reading pertinent materials.			
23. I feel very comfortable making contact with others by shaking hands and/or hugging.			
24. I follow oral directions better than written ones.			

## Scoring

To score the Learning Styles Assessment, assign the number value that corresponds to your answers to the statements above. Then, add the numbers and enter the total on the line. The category with the highest score is your dominant learning style. This is the style of learning where you generally feel most comfortable and learn best.

*Often = 5*

*Sometimes=3*

*Rarely=1*

## Visual

Question #	Points
2.	
3.	
7.	
10.	
14.	
16.	
19.	
22.	

**Total:** \_\_\_\_\_

## Auditory

Question #	Points
1.	
5.	
8.	
11.	
13.	
18.	
21.	
24.	

**Total:** \_\_\_\_\_

**Kinesthetic**

<b>Question #</b>	<b>Points</b>
4.	
6.	
9.	
12.	
15.	
17.	
20	
23.	

**Total:** \_\_\_\_\_