

Learning Styles Quiz

Circle the one answer that **MOST** describes you.

1. Are you good with your hands? c) yes d) no
2. Do you enjoy listening to audio books (books-on-tape)? a) yes d) no
3. How do you learn best?
a) I learn best by listening b) I learn best by reading
c) I learn best by touching or building things
4. I am very aware of, and sensitive to, the sounds around me. a) yes d) no
5. I am very aware of, and sensitive to, the visual details around me. I notice what people around me are wearing. I notice little details. b) yes d) no
6. I like to move around. Sometimes I think best if I can pace or tap my pencil or wiggle my legs. c) yes d) no
7. I love to read. The more books the better. b) yes d) no
8. When I really want someone to understand me...
a) I talk to them about it b) I write my idea down on paper
9. I do NOT do well in a classroom setting.
c) True. Classrooms don't work that well for me. d) False. I can sit still just fine.
10. I am a natural athlete. c) yes d) not really
11. When I was younger, people thought I was "hyperactive". c) yes d) no
12. When I get something new, I almost always read the directions. b) yes d) no
13. I tend to hum and/or sing to myself. a) yes d) no
14. I love to write (letters, journals, etc). b) yes d) no
15. I can talk on the phone for a very long time. a) yes d) no

Score your answers.

Let's see if there is a learning modality that you are particularly strong or weak in. Count the number of a) answers that you had. Then count the number of b) and c) answers. Record these below.

a = Auditory _____ (number of "a" answers) b = Visual _____
(number of "b" answers) c = Kinesthetic _____ (number of "c" answers)
d = "no" answers (no need to count these)

_____ Write your style here: A, B or C
Based on this quiz, what is your primary learning style (modality)?