

## Learning Styles Self-Assessment

Read each sentence carefully and think if it applies to you. On the line, write the appropriate number:  
3 = often applies                      2 = sometimes applies                      1 = never applies

### VISUAL

- \_\_\_\_\_ 1. I enjoy doodling and even my notes have lots of pictures, arrows, etc. in them.
- \_\_\_\_\_ 2. I remember something better if I write it down.
- \_\_\_\_\_ 3. I get lost or am late if someone tells me how to get to a new place and I didn't write down the directions.
- \_\_\_\_\_ 4. When trying to remember someone's telephone number, or something new like that, it helps me to get a picture of it in my head.
- \_\_\_\_\_ 5. If I am taking a test, I can often visualize a textbook page and "see" the answer.
- \_\_\_\_\_ 6. It helps me to LOOK at the person when listening. It keeps me focused.
- \_\_\_\_\_ 7. I like to be organized and have a neat notebook and study area.
- \_\_\_\_\_ 8. It's hard for me to understand what a person is saying if people are talking or music is playing.
- \_\_\_\_\_ 9. I don't always get jokes that people tell, but I do enjoy watching slapstick humor
- \_\_\_\_\_ 10. I prefer to work in a quiet place.

\_\_\_\_\_ **Visual Total**

### AUDITORY

- \_\_\_\_\_ 1. My written work doesn't look neat to me. My papers have crossed-out words and erasures.
- \_\_\_\_\_ 2. It helps me keep my place when reading if I use my finger as a pointer.
- \_\_\_\_\_ 3. Papers with very small print or poor copies are hard or tiring for me to read.
- \_\_\_\_\_ 4. I understand how to do something if someone tells me rather than if I read it to myself.
- \_\_\_\_\_ 5. I remember things that I hear, more than things that I see or read.
- \_\_\_\_\_ 6. Writing is tiring. I often press down too hard with my pen or pencil.
- \_\_\_\_\_ 7. My eyes get tired fast, even though the eye doctor says my eyes are OK.
- \_\_\_\_\_ 8. When I read, I mix up words that look alike, such as "them" and "then" and "bad" and "dad".
- \_\_\_\_\_ 9. It's hard for me to read other people's handwriting.
- \_\_\_\_\_ 10. If I can choose whether to learn new information in a lecture or a textbook, I would choose to hear it rather than read it.

\_\_\_\_\_ **Auditory Total**

### HAPTIC, Kinesthetic, "Hands-On"

- \_\_\_\_\_ 1. I don't like to read directions; I'd rather just start doing something.
- \_\_\_\_\_ 2. I learn best when I am shown how to do something and I have the opportunity to try it.
- \_\_\_\_\_ 3. Studying at a desk is not for me.
- \_\_\_\_\_ 4. I tend to solve problems through a trial-and-error approach, rather than a step-by-step method.
- \_\_\_\_\_ 5. Before I follow directions for a new task, it helps me to see someone else do it first.
- \_\_\_\_\_ 6. I find myself needing frequent breaks while studying.
- \_\_\_\_\_ 7. I am not skilled in giving verbal explanations or directions.
- \_\_\_\_\_ 8. I do not become easily lost, even in strange surroundings.
- \_\_\_\_\_ 9. I think better when I have the freedom to move around.
- \_\_\_\_\_ 10. When I can't think of a specific word. I'll use my hands a lot and call something a "what-cha-ma-call-it" or a "thing-a-ma-jig."

\_\_\_\_\_ **Haptic Total**

adapted from Lynn O'Brien, Specific Diagnostics, Inc. Rockville, Maryland