

Learning Styles Assessment

To better understand your preferences as a learner, please read each statement below and place a check on the appropriate line after it. When you've finished rating the statements, score your responses on the attached scoring sheet.

	Strongly Agree	Agree	Disagree
1. I'm likely to understand and remember things that I hear.	_____	_____	_____
2. I enjoy classroom activities where I can participate, like labs.	_____	_____	_____
3. My notes have lots of pictures, arrows, or other symbols in them.	_____	_____	_____
4. I understand and follow directions on maps.	_____	_____	_____
5. I enjoy working with my hands.	_____	_____	_____
6. Before beginning an unfamiliar task, I prefer to see someone do it first.	_____	_____	_____
7. I often need verbal explanations of graphs and diagrams to understand them.	_____	_____	_____
8. I can 'picture' the correct answer from my notes while taking a test.	_____	_____	_____
9. I prefer that professors write information on the board during lecture.	_____	_____	_____
10. I think better when I have the freedom to move around.	_____	_____	_____
11. When performing an unfamiliar task, I prefer to have someone talk me through it.	_____	_____	_____
12. I remember material better when I summarize it out loud.	_____	_____	_____
13. I make 'pictures' like graphs & charts to help me better understand concepts.	_____	_____	_____
14. It is difficult for me to study in a noisy area.	_____	_____	_____
15. I prefer to listen to a speech than to read about the same material.	_____	_____	_____

Learning Styles Assessment cont...

	Strongly Agree	Agree	Disagree
16. When learning something, I often ignore the directions and just start doing it.	_____	_____	_____
17. If I sat near a window in class, I would probably be distracted by it.	_____	_____	_____
18. I often tap my foot or pencil when thinking.	_____	_____	_____
19. When I'm trying to explain something to someone else I use my hands a lot.	_____	_____	_____
20. I remember more about a subject by listening to a lecture than by reading a text.	_____	_____	_____
21. I get restless when I am required to sit still for an extended period of time.	_____	_____	_____