

## Learning Styles Chart

Read the cue in the left column. Answer the question in the successive three columns, marking which description best fits your preference. Your answers will likely fall into all three columns, but the dominant column indicates your learning style.

When you...	<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic &amp; Tactile</b>
<b>Spell</b>	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
<b>Talk</b>	Do you talk sparingly and dislike listening for too long? Do you favor words such as see, picture, imagine?	Do you enjoy listening but are impatient to talk? Do you use words such as hear, tune, think?	Do you gesture and use expressive movements? Do you use words such as feel, touch, hold?
<b>Concentrate</b>	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noise?	Do you become distracted by activity around you?
<b>Meet someone again</b>	Do you forget names but remember faces or remember where you met them?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
<b>Contact people on business</b>	Do you prefer direct, face-to-face personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
<b>Read</b>	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
<b>Do something at work</b>	Do you like to see demonstrations, diagrams, slides, posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
<b>Put something together</b>	Do you like to look at the directions and the pictures?	Do you like someone to read the directions aloud as you work?	Do you ignore the directions and figure it out as you go along?
<b>Need help with a computer application</b>	Do you seek pictures or diagrams?	Do you call the help desk or ask a neighbor?	Do you keep trying to do it or try it on another computer?