

# LEARNING STYLES INVENTORY (source unknown)

Circle the number that best describes you after each statement.

		<u>Often</u>	<u>Sometimes</u>	<u>Seldom</u>
1.	I learn more from written procedures than from spoken ones.	5	3	0
2.	I can remember most of what a speaker says without taking many notes.	5	3	0
3.	When I am studying, I often review my notes aloud or pretend I am teaching them to someone.	5	3	0
4.	When I sit for long periods of time I feel restless.	5	3	0
5.	I prefer to learn by handling real objects.	5	3	0
6.	When I study for a test, I write things down in order to learn better.	5	3	0
7.	If I draw a picture of the material, it helps me remember it.	5	3	0
8.	When I learn a new word, I hear each letter in my head to practice it.	5	3	0
9.	When I learn something, I talk to myself or explain things to myself in my head.	5	3	0
10.	When I learn a new word, I write each letter down, one at a time.	5	3	0
11.	I can learn easily through class demonstrations and viewing models.	5	3	0
12.	I am easily distracted while studying.	5	3	0
13.	If I eat while I study, it keeps me more alert.	5	3	0
14.	Sometimes when I need to recall information during a test, I can picture the exact page where the information came from.	5	3	0
15.	I prefer classes with power points so that I have something to look at while the professor is talking.	5	3	0
16.	I rehearse the steps to science problems aloud.	5	3	0
17.	If there are no visual aids in a class, I do OK since I learn mostly by listening.	5	3	0
18.	I remember people's names more than their faces.	5	3	0
19.	If I can view someone performing a task, then I can remember how to do it.	5	3	0
20.	If I had a ball or silly putty to squeeze during a lecture, it would help with my excess energy.	5	3	0
21.	I need to take a lot of breaks while studying to get the job done.	5	3	0
22.	On an essay question, I will make an outline first, before I begin writing.	5	3	0
23.	I take written notes when I read a textbook.	5	3	0
24.	When writing a paper, it would be easier to tell my ideas to someone else before I begin writing.	5	3	0

## SCORING:

Put the point value next to the number for the questions. Add the columns for the totals.

### VISUAL

- 1. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 10. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- TOTAL \_\_\_\_\_

### AUDITORY

- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 24. \_\_\_\_\_
- TOTAL \_\_\_\_\_

### KINESTHETIC

- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- TOTAL \_\_\_\_\_