

Learning Styles Inventory

To better understand how you prefer to learn and process information, place a check in the appropriate space after each statement below, then use the scoring directions at the bottom of the page to score your responses. Use what you learn from your scores to better develop learning strategies that are best suited to your particular learning style. Respond to each statement as honestly as you can.

Often Sometimes Seldom

1. I can remember best about a subject by listening to a lecture that includes information, explanations and discussions.
2. I prefer to see information written on a chalkboard and supplemented by visual aids and assigned readings.
3. I like to write things down or to take notes for visual review.
4. I prefer to use posters, models, or actual practice and other activities in class.
5. I require explanations of diagrams, graphs, or visual directions.
6. I enjoy working with my hands or making things.
7. I am skillful with and enjoy developing and making graphs and charts.
8. I can tell if sounds match when presented with pairs of sounds.
9. I can remember best by writing things down.
10. I can easily understand and follow directions on a map.
11. I do best in academic subjects by listening to lectures and tapes.
12. I play with coins or keys in my pocket.
13. I learn to spell better by repeating words out loud than by writing the words on paper.
14. I can understand a news article better by reading about it in a newspaper than by listening to a report about it on the radio.
15. I chew gum, smoke or snack while studying.
16. I think the best way to remember something is to picture it in your head.

Often Sometimes Seldom

17. I learn the spelling of words by “finger spelling” them.

18. I would rather listen to a good lecture or speech than read about the same material in a textbook.

19. I am good at working and solving jigsaw puzzles and mazes.

20. I grip objects in my hands during learning periods.

21. I prefer listening to the news on the radio rather than reading the paper.

22. I prefer obtaining information about an interesting subject by reading about it.

23. I feel very comfortable touching others, hugging, handshaking, etc.

24. I follow oral directions better than written ones.

Scoring

Place the point value on the line next to the corresponding item below. Add the points in each column to obtain your preference score for each learning style. A higher score means a higher preference.

Often = 5 points
Sometimes = 3 points
Seldom = 1 point

Visual		Auditory		Kinesthetic	
no.	pts.	no.	pts.	no.	pts.
2		1		4	
3		5		6	
7		8		9	
10		11		12	
14		13		15	
16		18		17	
19		21		20	
22		24		23	
total		total		total	