



# How Do I Learn Best? Why Does it Matter?

*Directions: Check the items below that are true for you. You may check as many or as few as apply.*

1.  It's easier for me to remember names than faces.
2.  It's easier for me to remember faces than names.
3.  I remember being at an event more than who I was with at the event.
4.  I like clothes that are comfortable more than stylish.
5.  I like clothes that are stylish more than comfortable.
6.  I like to ask for directions when trying to find a new place.
7.  I prefer using a map when trying to find a new place.
8.  I like physically active games.
9.  I like to relax using coloring books.
10.  I remember a long number, like a locker code, by saying it aloud.
11.  I am good at movement activities like riding a bike, dancing and sports.
12.  I like reading a story better than listening to one.
13.  I like listening to a story better than reading one.
14.  I like to spend time making things with my hands, like crafts or models.
15.  I like reading and writing games, like scrabble, rebus or word search puzzles.
16.  I like learning by listening, like with audio books and podcasts.
17.  I'm quick at learning a new physical activity.
18.  I like reading books.
19.  I enjoy talking to friends in my free time.
20.  I like to hear the directions out loud when learning a new task.
21.  I'm good at following written directions, like recipes.
22.  I have a habit of doodling and drawing.
23.  I'm an outdoor person.
24.  I like to write things down, like taking notes in class or keeping a diary.
25.  I like to build and construct things.
26.  I'd rather listen to a story or news than read the same material.
27.  When bored, I hum, sing, or start conversations with others.

## **Now tabulate your responses:**

How many of the **visual** items did you check? \_\_\_\_ (Numbers 2, 5, 7, 9, 12, 15, 18, 21, 24)  
*You learn best by seeing, such as watching a film or viewing a slide presentation.*

How many of the **auditory** items did you check? \_\_\_\_ (Numbers 1, 6, 10, 13, 16, 19, 20, 26, 27)  
*You learn best by hearing, such as listening to music, podcasts or audiobooks.*

How many of the **kinesthetic** items did you check? \_\_\_\_ (Numbers 3, 4, 8, 11, 14, 17, 22, 23, 25)  
*You learn best by moving or doing, such as through sports, drama or conducting experiments.*

## **Discussion Questions**

- Were you surprised by your learning style? Why?
- Based on your style, what kinds of learning activities might help you to be successful in school?
- In what other parts of your life might you benefit from knowing your learning style?