



How Do I Learn Best?

Directions: Check the items below that are true for you.

1. It's easier for me to remember names than faces.
2. It's easier for me to remember faces than names.
3. I like to relax using coloring books.
4. I remember a long number, like a phone number, by saying it aloud.
5. I am good at movement activities like riding a bike, dancing and sports.
6. I like reading a story better than listening to one.
7. I like listening to a story better than reading one.
8. I like to spend time making things with my hands, like crafts or models.
9. I like reading and writing games, like Bananagrams, rebus or word search puzzles.
10. I'm quick at learning a new physical activity.
11. I enjoy talking to friends in my free time.
12. I like to hear the directions out loud when learning a new task.
13. I'm good at following written directions, like on a worksheet.
14. I have a habit of doodling and drawing.
15. I like doing things outside, like working in a garden or hiking.
16. I like to write things down, like taking notes in class or keeping a diary.
17. I like to build and construct things.
18. When bored, I hum, sing, or start conversations with others.

Now add up your answers:

How many of the **visual** items did you check? _____ (Numbers 2, 3, 6, 9, 13, 16)
You learn best by seeing, such as watching a movie or reading a book.

How many of the **auditory** items did you check? _____ (Numbers 1, 4, 7, 11, 12, 18)
You learn best by hearing, such as listening to music or audiobooks.

How many of the **kinesthetic** items did you check? _____ (Numbers 5, 8, 10, 14, 15, 17)
You learn best by moving or doing, such as through sports, drama or conducting experiments.

Discussion Questions:

- Were you surprised by your main learning style? Why?
- Which other style do you use or enjoy? Why?
- What kinds of learning activities might help you to be successful in school? In other parts of your life?