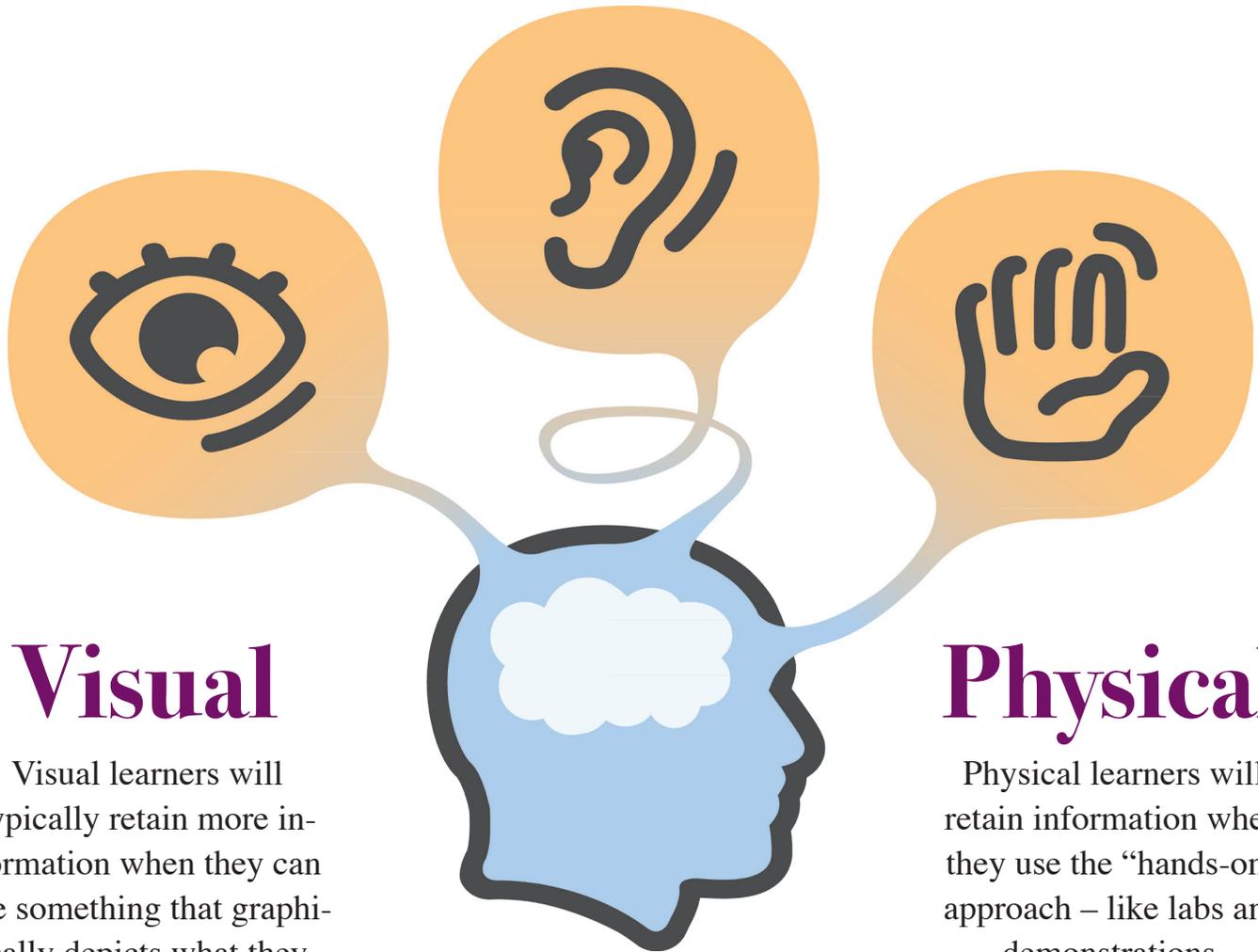


What's Your Learning Style?



Visual

Visual learners will typically retain more information when they can see something that graphically depicts what they are trying to learn. Visual learners should study using visual aids whenever possible. Flash cards, pictures, drawings – anything that will give them a visual memory.

Auditory

Auditory learners will retain more information when they hear something. For auditory learners the best way to learn is to hear something... over and over. Use a tape recorder. Read out loud. Have a friend quiz them orally.

Physical

Physical learners will retain information when they use the “hands-on” approach – like labs and demonstrations.

Which are YOUR preferred senses?

For each question on this and the next page, there are three answers. Circle or check the answer that most closely represents you. When you have finished, total up the number of responses in each column – visual, auditory or physical. The sense you chose most is likely to be your preferred or dominant learning sense – the sense you are normally most comfortable using in order to take in information and to store it.

When you ...

Do you

	Visual	Auditory	Physical
Spell a word	<input type="checkbox"/> Try to visualize it (does it 'look' right)	<input type="checkbox"/> Sound it out (does it 'sound' right)	<input type="checkbox"/> Write it down (does it 'feel' right)
Are concentrating	<input type="checkbox"/> Get most distracted by untidiness.	<input type="checkbox"/> Get most distracted by noises.	<input type="checkbox"/> Get most distracted by movement, or physical disturbance.
Choose a favorite art form	<input type="checkbox"/> Prefer paintings.	<input type="checkbox"/> Prefer music.	<input type="checkbox"/> Prefer dance/sculpture.
Reward someone	<input type="checkbox"/> Tend to write praise on their work in a note.	<input type="checkbox"/> Tend to give them oral praise.	<input type="checkbox"/> Tend to give them a pat on the back.
Talk	<input type="checkbox"/> Talk quite fast, but keep idle conversation limited. Use lots of images; e.g. it's like a needle in a haystack.	<input type="checkbox"/> Talk fluently with an even pace, in a logical order and with few hesitations. Enunciate clearly.	<input type="checkbox"/> Use lots of hand movements, talk about actions and feelings. Speak more slowly with longer pauses.
Meet people	<input type="checkbox"/> Remember mostly how they looked/ the surroundings.	<input type="checkbox"/> Remember mostly what was said/ remember their names.	<input type="checkbox"/> Remember mostly what you did with them/remember their emotions.
See a movie, TV or read a novel	<input type="checkbox"/> Remember best what the scenes/the people looked like.	<input type="checkbox"/> Remember best what was said – and how the music sounded.	<input type="checkbox"/> Remember best what happened/the character's emotions.
Try to interpret someone's mood	<input type="checkbox"/> Mainly note their facial expression.	<input type="checkbox"/> Listen to their tone of voice.	<input type="checkbox"/> Watch body movements.
Are recalling something	<input type="checkbox"/> Remember what you saw/people's faces/how things looked.	<input type="checkbox"/> Remember what was said/people's names/jokes.	<input type="checkbox"/> Remember what was done, what it felt like.
Are memorizing something	<input type="checkbox"/> Prefer to memorize by writing something repeatedly.	<input type="checkbox"/> Prefer to memorize by repeating words aloud.	<input type="checkbox"/> Prefer to memorize by doing something repeatedly.

When you.....

Do you

Situation

Visual

Auditory

Physical

Are angry

Become silent and seethe.

Express it in an outburst.

Storm about, clench your fists, throw things.

Are inactive

Look around, doodle, watch something.

Talk to yourself or others.

Fidget, walk about.

Express yourself

Often use phrases like:
I see!
I get the picture!
Lets shed some light on this!
I can picture it.

Often use phrases like:
That sounds right!
I hear you!
that rings a bell!
something tells me!
it suddenly clicked.

Often use phrases like:
That feels right!
I'm groping for an answer!
I've got a grip on it!
I need a concrete example.

Are learning

Prefer to read; see the words, illustrations or diagrams; sketch it out.

Like to be told, attend lectures, talk it over.

Like to get involved, be hands-on, try it out, write notes.

Assemble new equipment

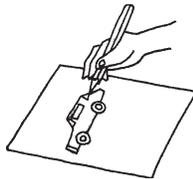
First look at the diagrams/read the instructions.

First ask someone to tell you what to do. Then talk to yourself as you assemble it.

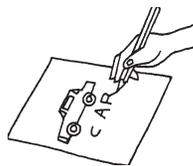
First work with the pieces.

TOTAL RESPONSES

Visual learners like drawing diagrams, pictures and charts and watching films.



Visual/Verbal learners like to read the written word. They like books, posters with slogans, instruction material with clearly written text.



Auditory learners like to hear new information through spoken explanations, commentaries and tapes. They benefit from reading key passages aloud and making tapes.



*Physical learners like hands-on learning where they can immediately try things for themselves. They like to **do** as they learn, e.g. writing, underlining, doodling, imagining.*



The above test can only be indicative. You should use it in conjunction with a careful observation of what works best for you. Try out the ideas in this book and note the ones that make learning more effective and easier for you. That's the real test.

Multi-sensory learning can be as simple as:

- Read and visualize the material you have **seen** it.
- Read key points out loud, make up questions and answer them you have **heard** it.
- Write out the answer to your question and circle the **major** point you have **done** it.