



## **Scoring Directions**

Assign the following points to each of your responses:  
Often = 4, Sometimes = 2, or Seldom = 0

Add up the points for each of the three sections. The section with the highest number of points indicates your prevailing learning style.

Use the following chart for helpful tips.

<b>IF YOU ARE:</b>	<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic</b>
<i>You gather information and communicate by</i>	Looking, reading and watching	Listening and talking	Touch, movement and physical interaction
<i>Common Expressions</i>	"I see." "I get the picture."	"I hear you, that clicks." "That sounds right." "That rights a bell."	"I feel" "That rings a bell" "I'd like to get a better handle on this information"
<i>In the classroom</i>	It may help to shut eyes to visualize or remember, or to take notes to look through what was said.	You may need instructions repeated to mentally hear information as you commit it to memory.	You're not limited to a single way of learning, more flexible than other two types of learners.
<i>Where you may want to sit in class</i>	Front of the classroom to see what's going on.	Anywhere you can hear; you don't necessarily have to see or pay attention.	Near the door so you can move or leave easily.
<i>You may learn best when you are</i>	Taking lots of notes during class; are organized.	Discussing new material with peers, teachers or tutors.	Actively learning with frequent breaks.
<i>Best environment</i>	Quiet, passive surroundings are ideal.	You are adept at discriminating and may be able to learn in noisy environments.	Hands-on, being involved, an environment where you can move about.
<i>When speaking you may</i>	Watch what is being said.	Listen, you enjoy listening to yourself and others.	Speak with hands and gestures.
<i>To learn, you may want to use</i>	Charts, figures, drawn explanations, allows time to visualize information, concentrating on who is speaking.	Someone to talk you through the problem, listen to an explanation of the steps in a process rather than a demonstration.	Models, interactives explanations, and whiteboard, draw on a computer.
<i>When you're bored you</i>	Find something to watch.	Hum or talk to yourself.	Seek to move or fidget.

*Adapted from Western Washington University Student Handbook.*