

LEARNING STYLES CHART

Adapted from Colin Rose (1987). Accelerated Learning

This chart helps you determine your learning style. Read the word in the left column and then circle the question(s) that best describe you in the successive three columns. Your answers may fall into all three columns, but one column will likely contain the most circles. The dominant column indicates your preferred learning style.

When you...	VISUAL	AUDITORY	KINESTHETIC & TACTILE
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to see if it feels right?
Talk	Do you listen sparingly but dislike listening too long? Do you favor words such as <i>picture</i> and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear, tune</i> and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel, touch</i> and <i>hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds and noises?	Do you become distracted by activity around you?
Meet Someone Again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
Contact people about business	Do you prefer direct, face-to-face personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or to hear the characters talk?	Do you prefer action stories or you are nt a keen reader?
Do something new at work	Do you like to see demonstrations, diagrams, slides or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Put something together	Do you look at the directions and the pictures?		Do you ignore the directions and figure it out as you go along?
Need help with a computer application	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor or growl at the computer?	Do you keep trying to do it or try it on another computer?