What is my Learning Style?

People learn in different ways. Your unique style of learning will match some occupations better than others. Use the results of this assessment to help you with your career plans. And remember that learning is easier when you use study skills that are consistent with your individual learning style.

1. Assign a point value to each statement below. (1 pt. = seldom or never) (2 pts. = sometimes) (3 pts. = often)

Column 1

___ I remember better if I write it down.
___ Looking at a person helps keep me focused.
___ I need a quiet place to get my work done.
___ When I take a test, I can see the textbook in my head.
___ Music or background noise distracts my attention.
___ I doodle in the margins of my notebook.
___ I have trouble following lectures.
___ I react very strongly to colors.
___ I like to build things.

_____ TOTAL

Column 2

___ My papers and notebooks always seem messy.
___ I do not follow written directions well.
___ If I hear something, I will remember it.
___ Writing has always been difficult for me.
___ I often misread words from the text.
___ I would rather listen and learn than read and learn.
___ Pages with small print are difficult for me to read.
___ It's hard for me to interpret others' body language.
___ My eyes tire quickly, though my vision check-up is okay.

_____ TOTAL

Column 3

___ I start a project before reading the directions.
___ I hate to sit at a desk for long periods of time.
___ I prefer to see something done and then do it myself.
___ I use the trial and error approach to problem solving.
___ I like to read my textbook while riding an exercise bike.
___ I take frequent study breaks.
___ I have a difficult time giving step-by-step directions.
___ I enjoy sports and do well at several types of sports.
___ I am constantly fidgeting.

_____ TOTAL

2. Total each column. A score of 20 or more indicates a strength in that area.
The learning style with the highest score indicates the most efficient method of information intake for you.

I am a **VISUAL LEARNER**
because **Column 1** is my highest score.

I learn best by:
- creating vivid mental images
- working with pictures and colors
- using graphics like films, slides, illustrations, diagrams, and doodles to reinforce learning
- asking for written directions
- visualizing the spelling of words

I might like these jobs:

Graphic Designer	Architect
Navigator	Mechanic
Surgeon	Webmaster

I am an **AUDITORY LEARNER**
because **Column 2** is my highest score.

I learn best by:
- listening
- using tapes for reading and class lecture notes
- participating in discussions
- having test questions read aloud
- hearing directions

I might like these jobs:

Translator	Teacher
Counselor	Salesperson
Musician	Psychologist

I am a **KINESTHETIC LEARNER**
because **Column 3** is my highest score.

I learn best by:
- hands-on activities
- using physical activity
- performing a variety of tasks like making models, doing lab work, or role-playing
- using computers to reinforce touch

I might like these jobs:

Athlete	Firefighter
Dancer	Actor
Sculptor	Construction

3. Write your preferred learning style in the space below. Choose one of the occupations under your preferred learning style to research on O*NET. (www.onetonline.org) Write that below.

My preferred learning style is _____

I plan to research this occupation: _____