Learning Styles and Study Skills Worksheet
From Learning to Study Through Critical Thinking
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** Due at the end of the second lecture on Tuesday, October 6th **

A. Circle the letter of the phrase that is true for you most of the time.

1. If I have to learn something, I learn best when I:
   (K) Try to do it myself
   (V) Watch someone show me how
   (A) Hear someone tell me how

2. When I read, I often find that I:
   (A) Read out loud or hear the words inside my head
   (V) Visualize what I am reading in my mind’s eye
   (K) Fidget and try to “feel” the content

3. When asked to give directions, I:
   (V) See the actual places in my mind as I say them or prefer to draw them
   (A) Have no difficulty in giving them verbally
   (K) Have to point or move my body as I give them

4. If I am unsure how to spell a word, I:
   (K) Write it in order to determine if it feels right
   (V) Write it in order to determine if it looks right
   (A) Spell it out loud in order to determine if it sounds right

5. When I write, I:
   (A) Often say the letters and words to myself
   (V) Am concerned how neat and well-spaced my letters and words appear
   (K) Push hard on my pen or pencil and feel the flow of the words or letters as I form them

6. If I had to remember a list of items, I would remember it best if I:
   (V) Wrote them down
   (A) Said them over and over to myself
   (K) Moved around and used my fingers to name each item

7. I prefer teachers who:
   (K) Use hands-on activities.
   (V) Use the board or overhead projector while they lecture
   (A) Talk with a lot of expression
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Name:____________________
SID:____________________

8. When trying to concentrate, I have a difficult time when:
   (A) There is a lot of noise in the room
   (V) There is a lot of clutter or movement in the room
   (K) I have to sit still for any length of time

9. When solving a problem, I:
   (V) Write or draw diagrams to see it
   (A) Talk myself through it
   (K) Use my entire body or move object to help me think

10. When given written instructions on how to build something, I:
    (K) Try to put the parts together first and read later
    (V) Read them silently and try to visualize how the parts will fit together
    (A) Read them out loud and talk to myself as I put the parts together

11. To keep occupied while waiting, I:
    (A) Talk or listen to others
    (V) Look around, stare, or read...
    (K) Walk around, manipulate things with my hands, or move/shake my feet as I sit

12. If I had to verbally describe something to another person, I would:
    (V) Be brief because I do not like to talk at length
    (A) Go into great detail because I like to talk
    (K) Gesture and move around while talking

13. If someone were verbally describing something to me, I would:
    (K) Become bored if her description got too long and detailed
    (V) Try to visualize what she was saying
    (A) Enjoy listening but want to interrupt and talk myself

14. When trying to recall names, I remember:
    (V) Faces but forget names
    (A) Names, but forget faces
    (K) The situation that I met the person other than the person’s name or face

B. Scoring Instructions: Add the number of responses for each letter and enter the total below. The area with the highest number of responses is probably your primary mode of learning. Remember, most people learn through a mixture of all three styles.
   Visual (V) = ________   Auditory (A) = ________   Kinesthetic (K) = ________

C. Read through the recommended strategies for using your preferred learning style on the accompanying pages. Highlight 2 or 3 strategies you will use in class, or when completing your assignments. Practice them for the next several weeks. Type out those strategies on a separate piece of paper and attach to this sheet when you turn in your assignment.

http://www.ugresearchsci.ucla.edu/progteers.htm