

LEARNING STYLES

STUDENT SELF SURVEY

Name: _____

Instructions: Read each statement and circle all the statements that describe you. Then tally up the circled options in each column (going from top to bottom) and put the answer in the box below. The higher the score, the more that learning style is like you. The abbreviation below the open box correlate with the learning styles names.

I like to read	Math & Science are some of my favorite subjects	I enjoy using a camera or phone to take pictures	I am good at playing active games/sports	I play a musical instrument	I enjoy group games	I have set some important goals for my life	I enjoy being in nature
I like to write	I want to know why	I like to draw and doodle	I like to dance	I like to sing	I enjoy helping others	I enjoy writing in a journal	I feel more alive being outside
I enjoy doing word games & crossword puzzles	I like solving riddle and brain teasers	I like to solve mazes and jigsaw puzzles	I often talk with my hands	I like to tap out the beat while listening to music	I have many friends	I like to work alone	I can identify different kinds of flora and animals
I like to tell stories and jokes	I like finding number patterns	I easily see color and shape patterns	I move around a lot when doing work projects	I enjoy creating music	I like working with others on projects	I like to spend time alone thinking	Learning about the weather interests me
I have a large vocabulary	I believe there is a logical explanation for almost everything	I am good at using or drawing maps	I like using objects to learn	I often have musical tune running through my mind	I like meeting new people	I think carefully before making decisions	I worry about pollution and natural calamities
I chose words with care	I am good at working with numbers	I often remember scenes from my dreams	I like to do work with my hands	I have a good sense of pitch and rhythm	I care about how others feel	I understand my strengths and weaknesses	I like taking care of plants or animals
I am good at public speaking	I enjoy doing scientific experiments	I understand how to use colors to create a mood	I like to spend my free time doing things	I like many kinds of music	People often ask me for advice	I enjoy learning about myself	I connect with the cycles of nature

V/L

M/L

V/S

B/K







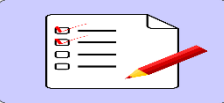

M/R

Inter

Intra

Nat

PRACTICAL LEARNING SUGGESTIONS FOR THE LEARNING STYLES

Learning Styles	Best Ways to Learn	Practical Suggestions
Verbal/Linguistic 	Reading Saying Hearing Seeing Words	Take Notes and Read Notes/Text out loud Skim through reading first Study out loud with a partner Use a tape recorder or phone to record lesson
Mathematical/Logical 	Making Categories Classifying Working with Partner Figuring out with Numbers	Use lists to study from Arrange notes in patterns or use an outline form Assign numbers to information Use math formulas to problem solve (ratio, geometry, budgets, etc.)
Visual/Spatial 	Visualizing Using Color and Pictures Seeing Things in your Mind	Study or make charts, graphs, pictures Use highlighters (notes) Use webbing to take notes Close eyes and visualize mental images in mind
Bodily/Kinesthetic 	Touching Doing Something Physical While Learning Hands-on learning Interacting with Objects	Choose projects that let you build, create, shape with hands Use objects to help you remember people, places, things Do exercises between hard subjects Volunteer/Participate in class
Musical/Rhythmic 	Rhyming or rapping Using music Making melodies or beats	Create musical jingles to aid in memorization Study for tests with quiet music in background Rhythmically read notes out loud
Interpersonal 	Sharing/Comparing Relating Cooperating with others Interviewing	Study with a focused partner Ask frequent questions of others to gain information Participate in class discussions Discuss ideas with others
Intrapersonal 	Working alone in own space Self-pacing Instruction Reflecting Journal Writing	Organize your study place and time Take time to think about you are learning Research ideas in depth Learn about subjects that interest you
Naturistic/Naturalistic 	Connecting with nature Feeling Being aware	Applying natural laws to learning Learning or studying outdoors Personally connect with the environment Take off shoes

