

Learning Styles Inventory

Directions: Check the statements that apply to you.

z____ 1. I keep written records of things to do.

x____ 2. I would rather have someone read instructions to me aloud, step-by-step, when I assemble something.

y____ 3. I like to build things or do crafts and handiwork.

y____ 4. I am an out-of-door person.

x____ 5. I keep up with the news by listening to the radio.

z____ 6. I can put things together correctly by following written directions and/or illustrations.

x____ 7. I talk to myself.

y____ 8. I can't sit still for too long without becoming restless.

z____ 9. I usually read billboards and signs when driving or riding.

x____ 10. I would learn more if I could hear textbook material on a cassette rather than reading the book myself.

z____ 11. I like to rewrite notes or write summaries to prepare for tests.

y____ 12. I could learn (or did learn) to type without looking at the keys easily.

y____ 13. Keeping physically fit is not difficult for me.

x____ 14. In my spare time I like to talk to others.

z____ 15. I can learn zip codes or phone numbers best if I write them down a few times.

y____ 16. In my spare time, I like to do physical activities.

x____ 17. I can easily concentrate on what others are saying.

- x____18. I could learn to play a musical instrument “by ear” faster than by reading music.
- z____19. I prefer a map to oral instructions when trying to find my way to an unfamiliar place.
- y____20. I learn new physical skills rapidly.
- z____21. I prefer a written job description and directions from my employer.
- x____22. I prefer that my employer or instructor give me oral directions.
- y____23. When walking through stores, I like to feel the textures of fabrics or other materials.
- z____24. I can easily follow written directions when I cook.
- x____25. I prefer to stop and ask directions when in unfamiliar places.
- x____26. I learn zip codes and phone numbers best when I say them aloud a few times.
- y____27. I am, generally speaking, well coordinated.
- z____28. When waiting around for appointments, etc., I tend to read anything that is around.
- z____29. I like to read in my spare time.
- y____30. I doodle and draw on any available paper.

x = _____ (auditory)

y = _____ (kinesthetic/tactile)

z = _____ (visual)

The category you scored the most in is your dominant learning style. Refer to “Adapting study strategies to learning styles” to find out what that means and to look into study habits that may fit your learning style.