Learning Styles Inventory

Discovering how you learn best is one of the keys to being a successful student. Using your strengths will allow you to make the most of your study time.

**Sensory Modality Inventory**

There are two incomplete sentences and three choices for completing each. Some of the choices contain more than one option. If any one of those options seems typical of you, score that answer. All of the options do not have to apply to you. Score the three choices by rating.

3 = to the answer most typical of you

2 = to your second choice

1 = to the one least like you

1. When I want to learn something new, I usually:
   1. Want someone to explain it to me. \_\_\_\_\_
   2. Want to read about it in a book or magazine. \_\_\_\_\_
   3. Want to try it out, take notes, or make a model or project out of it. \_\_\_\_\_
2. At a party, most of the time I like to:
   1. Listen and talk to two or three people at once. \_\_\_\_\_
   2. See how everyone looks and watch the people. \_\_\_\_\_
   3. Dance, play games, or take part in some activities. \_\_\_\_\_
3. If I were helping with a musical theatre show, I would most likely:
   1. Write the music, sing the songs, or play the piano or musical accompaniment. \_\_\_\_\_
   2. Design the costumes, paint the scenery, or work the lighting effects. \_\_\_\_\_
   3. Make the costumes, build the sets, or take an acting role. \_\_\_\_\_
4. When I am angry, my first reaction is to:
   1. Tell people off, laugh, joke, or talk it over with someone. \_\_\_\_\_
   2. Blame myself or someone else, daydream about taking revenge, or keep it inside. \_\_\_\_\_
   3. Make a fist or tense my muscles, vent on something else, hit or throw things. \_\_\_\_\_
5. A happy event I would like to have is:
   1. Hearing the thunderous applause for my speech or music I performed. \_\_\_\_\_
   2. Photographing the prized picture of a sensational newspaper story. \_\_\_\_\_
   3. Achieving the fame of being first in a physical activity such as dancing, acting, \_\_\_\_\_  
      surfing or a sports event.
6. I prefer a teacher to:
   1. Use the lecture method (talks about the lesson) with informative explanations \_\_\_\_\_  
      and discussions.
   2. Write on the chalkboard or erase board, use visual aids and assign readings. \_\_\_\_\_
   3. Require posters, models, or some activities in class. \_\_\_\_\_
7. I prefer to talk with:
   1. Different tones of voice. \_\_\_\_\_
   2. My eyes and facial features. \_\_\_\_\_
   3. My hands and gestures. \_\_\_\_\_
8. If I had to remember an event so that I could record it later, I would choose to:
   1. Tell it aloud to someone or hear a tape recording or make a song about it. \_\_\_\_\_
   2. See pictures of it or read a description. \_\_\_\_\_
   3. Replay it in some practice rehearsal using movements such as dance, \_\_\_\_\_  
      playacting or drill.
9. When I cook something new, I like to:
   1. Have someone tell me the directions, such as a friend or a TV show. \_\_\_\_\_
   2. Read the recipe and judge by how it looks (on paper). \_\_\_\_\_
   3. Use lots of pots and dishes, stir often and taste-test as I go. \_\_\_\_\_
10. In my free time, I like to:
    1. Listen to the radio, talk on the telephone, or attend a musical event. \_\_\_\_\_
    2. Go to the movies, watch TV, or read a magazine or book. \_\_\_\_\_
    3. Get some exercise, go for a walk, play games or make things. \_\_\_\_\_

Add all the points for the A answers together, then put your total below. Then add up all the answers for the B answers and put your total below. Then add up all the C answers and put your total below.

A = Auditory \_\_\_\_\_\_

B = Visual \_\_\_\_\_\_

C = Kinesthetic \_\_\_\_\_\_

Hints are from Jan Bradley, Jo Belle Burnett, Gary Funk and Myrna Hite Walker (1992). *Thrills, Spills and Study Skills: A Strategy and Vocabulary Approach*. Dubuque, IA: Kendall/Hunt.

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Study Tips for Learning Modality Strengths

Everyone has the capacity to learn in many different ways. Remember that your learning style represents how you prefer to learn new information. Review the suggestions listed below. Incorporating some of the techniques of your dominant learning style(s) will allow you to be a more effective student.

**Auditory Preference**

Clues:

* Prefers to get information by listening – needs to hear it to know it.
* May have difficulty following written directions.
* Often has difficulty with reading and writing.
* May have an inability to read body language and facial expressions.

General Hints:

* You will benefit from hearing information – audio tapes, your own voices, or lectures.
* You may want to make recordings of your reading assignments or class notes and listen to them.
* Pretend that you are teaching someone else the information and explain it aloud.
* You may want to form a study group and talk about information you are learning or studying.
* Reading aloud notes or text material will help you.
* Orally test yourself by asking a question and answering it, aloud.

Lecture and Textbook Hints:

* Read aloud all summary statements, headings, and subheadings before you begin reading a chapter.
* Restate key ideas to yourself as you read material. Keep a “conversation” going with your text as you read (agree or disagree with the author, or question key ideas).
* For difficult material, restate it in your own words what you have just read.
* After reading, quiz yourself (aloud) over the vocabulary.

**Visual Preference**

Clues:

* Need to see it to know it.
* May have a strong sense of color and/or artistic ability.
* Often has difficulty with spoken directions and following lectures.
* May experience an overreaction to sounds.

General Hints:

* You will benefit from seeing information – either in print or from videos, charts, maps.
* It will be easier for you to remember what you read than what you hear.
* When given information orally, you should write it down or take some notes.

Lecture and Textbook Hints:

* Read the text before attending lectures.
* Take notes over lecture material.
* For difficult or confusing material, use a mapping technique along with notes (such as a thinking map). Mapping is drawing a diagram of the material read using only the main ideas. You show the relationships among the ideas with lines, connecting the ideas. Use white space on your page as a guide when taking notes. To learn material, stare off into space or close your eyes and remember what the written information looked like on your page.
* Underline key words and concepts as you read. Marking your text will be very helpful (use a pencil or highlighter).
* Underline topic sentences and reread them to help you stay with the material being read.

**Kinesthetic Preference**

Clues:

* Prefers hands-on learning.
* Can assemble parts without reading directions.
* May have difficulty sitting still.
* Tends to learn better when physical activity is involved.
* May be very well coordinated and have athletic ability.

General Hints:

* You learn best by doing. The more involved you are with material, the easier it is for you to learn.
* You should try to find practical application for the information you are learning. When you can, do projects and experiments using what you have learned.
* Write information down on paper.
* Move your fingers along the lines in your textbook or notes while you read it.

Lecture and Textbook Hints:

* Take notes and go back over then, making special marks for important material or material you need to go over more.
* For difficulty or confusing material, answer practice questions in writing.
* Write difficult information in the air with your finger.
* Use your hand as a marker as you go through your notes.
* Draw a chart or a diagram to help you understand what you read.
* Underline or highlight important words and/or concepts as you study.
* Making and using flashcards will help you learn difficult material.