Determine Your Learning Style

Go to www.vark-learn.com to take a quick test that will automatically determine your learning style. Short on time? For a general idea of your learning style, look at the chart below and read the descriptions of each learning style to approximate your own.

Quick-Test for Learning Styles

<table>
<thead>
<tr>
<th>When you...</th>
<th>Visual/Reading and Writing</th>
<th>Auditory</th>
<th>Kinesthetic &amp; Tactile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spell</td>
<td>Do you try to see the word?</td>
<td>Do you sound out the word or use a phonetic approach?</td>
<td>Do you write the word down to find if it feels right?</td>
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<tr>
<td>Talk</td>
<td>Do you sparingly but dislike listening for too long? Do you favor words such as see, picture, and imagine?</td>
<td>Do you enjoy listening but are impatient to talk? Do you use words such as hear, tune, and think?</td>
<td>Do you gesture and use expressive movements? Do you use words such as feel, touch, and hold?</td>
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<tr>
<td>Concentrate</td>
<td>Do you become distracted by untidiness or movement?</td>
<td>Do you become distracted by sounds or noises?</td>
<td>Do you become distracted by activity around you?</td>
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<tr>
<td>Meet someone again</td>
<td>Do you forget names but remember faces or remember where you met?</td>
<td>Do you forget faces but remember names or remember what you talked about?</td>
<td>Do you remember best what you did together?</td>
</tr>
<tr>
<td>Contact people on business</td>
<td>Do you prefer direct, face-to-face, personal meetings?</td>
<td>Do you prefer the telephone?</td>
<td>Do you talk with them while walking or participating in an activity?</td>
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<tr>
<td>Read</td>
<td>Do you like descriptive scenes or pause to imagine the actions?</td>
<td>Do you enjoy dialog and conversation or hear the characters talk?</td>
<td>Do you prefer action stories or are not a keen reader?</td>
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<tr>
<td>Do something new at work</td>
<td>Do you like to see demonstrations, diagrams, slides, or posters?</td>
<td>Do you prefer verbal instructions or talking about it with someone else?</td>
<td>Do you prefer to jump right in and try it?</td>
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<tr>
<td>Put something together</td>
<td>Do you look at the directions and the picture?</td>
<td>Do you ignore the directions and figure it out as you go along?</td>
<td></td>
</tr>
<tr>
<td>Need help with a computer application</td>
<td>Do you seek out pictures or diagrams?</td>
<td>Do you call the help desk, ask a neighbor, or growl at the computer?</td>
<td>Do you keep trying to do it or try it on another computer?</td>
</tr>
</tbody>
</table>

Outline of Learning Styles

Visual Modality - A Visual Learner
- Learns by seeing and by watching demonstrations
- Likes visual stimuli such as pictures, slides, graphs, demonstrations, etc.
- Conjures up an image of a form by seeing it in the“mind’s eye”
- Often has a vivid imagination
- Often stares
- Needs something to watch
- Is often quiet and does not talk at length
- Becomes impatient or drifts away when extensive listening is required
- Prefers the visual arts and media

Aural Learner - An Aural Learner
- Tends to remember and repeat ideas that are verbally presented
- Learns well through lectures
- Is an excellent listener
- Can reproduce symbols, letters or words by hearing them
- Likes to talk
- Enjoys plays dialogues, dramas
- Can learn concepts by listening to tapes
- Enjoys music
- Can repeat or fulfill verbal instructions

Reading/Writing - A Print Oriented Learner
- Often takes notes
- May like to write on the blackboard
- Remembers quickly and easily what is read
- Learns better after seeing or writing something
- Is often perceived as a “bookworm”
- Grasps important concepts on first reading of material
- Loves to read books, journals, magazines

Kinesthetic Modality - A Kinesthetic Learner
- Learns by doing, direct involvement
- Often fidgets or finds reasons to move
- Is not very attentive to visual or auditory presentations
- Wants to be “doing” something
- Tries things out and likes to manipulate objects
- Gestures when speaking
- Is often a poor listener
- Responds to music by physical movement
- Often finds success in physical response activities
- Learns better when able to move during learning
- Likes to move hands (doodling, tapping,) while learning
- Uses movement to help concentrate