

THE 7 STYLES OF LEARNING

VISUAL (SPATIAL):

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, color and other visual media to help you learn
- Use color, layout, and spatial organization in your associations, and use many 'visual words' in your assertions.
- Use mind maps
- Replace words with pictures, and use color to highlight major and minor links

AURAL (AUDITORY-MUSICAL):

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualizations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world,' play it back and anchor your emotions and state.

VERBAL (LINGUISTIC):

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the word-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder (such as an MP3 player), and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls

PHYSICAL (KINESTHETIC)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions.
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviors

SOLITARY (INTRAPERSONAL):

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
Create a personal interest in your topics
- When you associate and visualize, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modeling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

SOCIAL (INTERPERSONAL):

You prefer to learn in groups or with other people.

- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualizations with other people
- Try sharing your key assertions with others
- Working in groups to practice behaviors or procedures help you understand how to deal with variations

LOGICAL (MATHEMATICAL)

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your content and skills
- Create and use lists by extracting key points from your material
- Remember association often works well when it is illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviors or habits
- If you often focus from analysis paralysis, write 'Do It Now' in big letters on some signs or post-it notes



Learning Style Inventory

Directions: Circle the letter before the statement that best describes you.

1. If I have to learn how to do something, I learn best when I:

(V) Watch someone show me how.

(A) Hear someone tell me how.

(K) Try to do it myself.

2. When I read, I often find that I:

(V) Visualize what I am reading in my mind's eye.

(A) Read out loud or hear the words inside my head.

(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:

(V) Write it in order to determine if it looks right.

(A) Spell it out loud in order to determine if it sounds right.

(K) Write it in order to determine if it feels right.

5. When I write, I:

(V) Am concerned how neat and well-spaced my letters and words appear.

(A) Often say the letters and words to myself.

(K) Push hard on my pen or pencil and can 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:

(V) Use the board or overhead projector while they lecture.

(A) Talk with a lot of expression.

(K) Use hands-on activities.

8. When trying to concentrate, I have a difficult time when:

(V) There is a lot of clutter or movement in the room.

(A) There is a lot of noise 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 objects to help me think.

10. When given written instructions on how to build something, I:

(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.

(K) Try to put the parts together first and read later.

11. To keep occupied while waiting, I:

(V) Look around, stare, or read...

(A) Talk or listen to others.

(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:

(V) Try to visualize what she was saying.

(A) Enjoy listening but want to interrupt and talk myself.

(K) Become bored if his or her description got too long and detailed.

14. When trying to recall names, I remember:

(V) Faces but forget names.

(A) Names, but forget faces.

(K) The situation when I met the person, rather the person's name or face.

Scoring Instructions: Add the number of responses for each letter and enter the totals below.

Visual Auditory Kinesthetic V = ____ A = ____ K = ____ The area with the highest number of responses is your primary mode of learning.