

## What Is Your Learning Style?

**Directions:** To learn more about how you learn, answer the following questions on a scale of 1 to 10 with 1 being not so much, and 10 being a lot. Add up your score. The learning style with the highest score is your primary learning style.

### **Verbal/Linguistic Learner**

1. \_\_\_\_\_ When I am trying to learn something, I read aloud or write down key words.
2. \_\_\_\_\_ I like to memorize names, dates, places, and trivia.

### **Logical/Mathematical Learner**

3. \_\_\_\_\_ When trying to learn something, I perform experiments, solve puzzles, work with numbers, ask questions, and explore patterns and relationships.
4. \_\_\_\_\_ I like to categorize and classify things.

### **Visual/Spatial Learner**

5. \_\_\_\_\_ When I am trying to learn something, I draw, build, design, and create things. I daydream, do jigsaw puzzles and mazes, watch videos, look at photos, and draw maps and charts.
6. \_\_\_\_\_ I like to visualize things and to daydream.

### **Musical/Rhythmic Learner**

7. \_\_\_\_\_ When I am trying to learn something, I listen to music, play an instrument, move my body when music is playing, and make up songs.
8. \_\_\_\_\_ I remember melodies, and I notice pitches, rhythms, and background and environmental sounds.

### **Bodily/Kinesthetic Learner**

9. \_\_\_\_\_ When I am trying to learn something, I need hands-on experience. I'm a tinkerer and skilled in crafts. I also like to perform and I challenge myself physically.
10. \_\_\_\_\_ I like sports and other physical activities, including dancing.