

Your Personal Learning Style

Directions: People have different ways of learning. To determine your learning style, read the four columns and check the response that best suits you. Although you may have a combination of all three learning styles, you will find you have one primary learning style.

When you . . .	Visual	Auditory	Kinesthetic
Come across a new word, do you	See the word aloud? _____	Say the word? _____	Write the word down? _____
See someone from your past, do you	Remember the face, but not the name? _____	Remember the name, but not the face? _____	Remember what you did together? _____
Are trying to learn about computers, do you	Read the pictures and diagrams? _____	Listen to what others told you? _____	Need the hands-on experience? _____
Are describing something to others, do you	Use words like see, imagine, or picture this? _____	Use words like hear or think? _____	Use words like feel, touch, or hold? _____
Are trying to concentrate, do you	Need a clean area? _____	Need a quiet area? _____	Need the absence of activity around you? _____

SOURCE: www.hcc.hawaii.edu/intranet/committees/FacDevCom/guidebk/teachtip/adult