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| **Learning Styles Questionnaire** |

Complete the following questionnaire by ticking the appropriate box to discover your preferred learning style.

**Often**

**Sometimes**

**Seldom**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | Can remember more about a subject through listening than reading. | ❑ | ❑ | ❑ |
| **2** | Follow written directions better than oral directions. | ❑ | ❑ | ❑ |
| **3** | Like to write things down or take notes for visual review. | ❑ | ❑ | ❑ |
| **4** | Bear down extremely hard with pen or pencil when writing. | ❑ | ❑ | ❑ |
| **5** | Require explanations of diagrams, graphs or visual directions. | ❑ | ❑ | ❑ |
| **6** | Enjoy working with tools. | ❑ | ❑ | ❑ |
| **7** | Am skilful and enjoy developing and making graphs and charts. | ❑ | ❑ | ❑ |
| **8** | Can tell if sounds match when presented with pairs of sounds. | ❑ | ❑ | ❑ |
| **9** | Remember best by writing things down several times. | ❑ | ❑ | ❑ |
| **10** | Can better understand and follow directions using maps. | ❑ | ❑ | ❑ |
| **11** | Do better at academic subjects by listening to lectures and tapes.  | ❑ | ❑ | ❑ |
| **12** | Play with coins and keys in pockets. | ❑ | ❑ | ❑ |
| **13** | Learn to spell better by repeating the letters than by writing the word on paper. | ❑ | ❑ | ❑ |
| **14** | Can better understand a news article by reading about it in the paper then the radio. | ❑ | ❑ | ❑ |
| **15** | Chew gum, smoke or snack during studies. | ❑ | ❑ | ❑ |
| **16** | Feel the best way to remember a picture is in my head. | ❑ | ❑ | ❑ |
| **17** | Learn spelling by ‘finger spelling’ the words. | ❑ | ❑ | ❑ |
| **18** | Would rather listen to a good lecture or speech than read about the same material. | ❑ | ❑ | ❑ |
| **19** | Am good at working and solving jigsaw puzzles and mazes. | ❑ | ❑ | ❑ |
| **20** | Grip objects in my hand during learning periods. | ❑ | ❑ | ❑ |
| **21** | Prefer listening to the news on the radio than reading about it in a newspaper. | ❑ | ❑ | ❑ |
| **22** | Obtain information on an interesting subject by reading relevant materials. | ❑ | ❑ | ❑ |
| **23** | Feel very comfortable touching others, hugging, handshaking, etc. | ❑ | ❑ | ❑ |
| **24** | Follow oral directions better than written ones. |  ❑ |  ❑ |  ❑ |

Adapted within: *Primary Learning Mentor Training – Trainer Manual* DFEE/Liverpool Excellence Partnership

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| **Scoring** |

Award yourself 5 points for OFTEN, 3 points for SOMETIMES and 1 point for SELDOM. Complete the grid by filling in the values and totalling each column. Transfer your score to the ‘tripod’ to get a visual display of your preference.

|  |  |  |
| --- | --- | --- |
| **Visual** | **Auditory** | **Kinaesthetic** |
| Points | Points | Points |
| 2. | 1. | 4. |
| 3. | 5. | 6. |
| 7. | 8. | 9. |
| 10. | 11. | 12. |
| 14. | 13. | 15. |
| 16. | 18. | 17. |
| 19. | 21. | 20 |
| 22. | 24. | 23. |
| **Total:** | **Total:** | **Total:** |

