

preferred Learning Styles

This questionnaire is designed to help you find out more about how you prefer to learn. Circle your most likely response to each given situation below.

What do you notice most about people?

- V : how they look or dress?
- A : how they sound when they talk?
- K : how they stand or move?

How do you learn most easily?

- V : by reading and watching?
- A : by being told what to do?
- K : by getting stuck in and doing it for yourself?

If you had to wait for a bus, would you probably:

- V : watch admire the scenery, or read?
- A : talk to or phone people?
- K : walk around and fidget?

What would make you think someone was lying?

- V : the way they look, or avoid looking, at you?
- A : their tone of voice?
- K : a feeling you get about their honesty?

When you have many things to do, do you:

- V : make lists for yourself?
- A : keep reminding yourself that you have things to do?
- K : feel restless until all or most of the things are done?

What kind of humour do you prefer?

- V : cartoons and comics?
- A : stand-up comedians?
- K : slapstick?

At a party do you spend most of your time:

- V : watching what is happening?
- A : talking and listening to others?
- K : circulating around or dancing?

When you are learning, do you prefer:

- V : work that is written and drawn in colour?
- A : to listen to a talk or be told what to do?
- K : to be active: making and doing?

You solve problems most easily by:

- V : writing or drawing out possible solutions.
- A : talking through possible solutions.
- K : getting stuck in and working it out as you go.

When you are angry, do you:

- V : silently boil up inside?
- A : shout and scream?
- K : clench your fists, grit your teeth, stomp about and go away angry?

Now add up the total number of Vs, As and Ks you scored.

Total Vs:

Total As:

Total Ks:

My preferred learning style is (whichever there is most of).....