

# Learning Styles Checklist: UNDERSTAND YOURSELF

The following learning styles checklist will help you to understand yourself and plan for developing your competencies:

<b>Style One:</b>		<b>Total “yes” answers:</b>
Y	N I learn easily from books.	
Y	N I learn a lot from listening to instructors.	
Y	N I really enjoy explaining, teaching and learning.	
Y	N I find it easy and fun to learn a new language.	
Y	N I have a good memory for the things I learn.	
<b>Style Two:</b>		<b>Total “yes” answers:</b>
Y	N I am good at solving problems with abstract symbols.	
Y	N I enjoy working with numbers and making calculations.	
Y	N I find it easy to deduce conclusions based on available information.	
Y	N I remember information best when it is numbered and in logical order.	
Y	N I can easily apply new information to existing formulas.	
<b>Style Three:</b>		<b>Total “yes” answers:</b>
Y	N Diagrams and drawings help me understand new concepts.	
Y	N Give me a map and I can find my way anywhere.	
Y	N I’d rather watch an expert first, and then try a new skill.	
Y	N I can decipher information best when it is plotted in a graph or chart.	
Y	N I prefer to explain my idea by drawing pictures.	
<b>Style Four:</b>		<b>Total “yes” answers:</b>
Y	N I learn by doing.	
Y	N The classes I am best at in school involve physical movement.	
Y	N I often learn well by imitating others.	
Y	N I prefer to explain my ideas by acting them out in role plays.	
Y	N I enjoy challenging myself by doing physical activities.	
<b>Style Five:</b>		<b>Total “yes” answers:</b>
Y	N I can learn information easily when I put it to music.	
Y	N I can’t concentrate on my work unless there is background music playing.	
Y	N I find it easy to recognize rhythms in the sounds I hear.	
Y	N I always remember songs I hear on the radio.	
Y	N I can easily reproduce sounds and music I hear.	
<b>Style Six:</b>		<b>Total “yes” answers:</b>
Y	N I learn a lot from discussions.	
Y	N I work more efficiently when in a group.	
Y	N I am perceptive of people’s thoughts, desires, and intentions.	
Y	N I learn about others by viewing things from their perspective.	
Y	N I can easily get information from people rather than from books.	
<b>Style Seven:</b>		<b>Total “yes” answers:</b>
Y	N I learn best by reflecting quietly upon my thoughts.	
Y	N I remember information easily when I can relate it to my own experiences.	
Y	N I succeed most often when I rely on my intuition.	
Y	N It is easier for me to talk about my feelings than to discuss abstract concepts.	
Y	N I enjoy spending time by myself contemplating different ideas.	

# UNDERSTANDING YOUR ANSWERS

Now that you have completed the checklist and have totaled the number of “yes” answers for each section, read the descriptions of your highest numbers. Remember, the higher the number, the stronger your learning style. Some individuals learn best by one distinct style while others learn best by a variety of methods.

## Style One: Verbal Linguistic

You tend to do well in a traditional classroom setting dominated by the written and spoken work such as teacher lectures, notes, and worksheets.

## Style Two: Logical Mathematical

You are often called the “Scientific Thinker”. You learn well using inductive and deductive thinking/reasoning. Numbers and recognition of abstract patterns make sense.

## Style Three: Visual Spatial

You often rely on the sense of sight and being able to visualize an object to create internal mental images and pictures.

## Style Four: Kinesthetic

Your intelligence is related to physical movement. You learn best by doing and by involvement. Experience aids in learning.

## Style Five: Musical

Your intelligence is based on the recognition of tonal patterns, including various environmental sounds, and on sensitivity to rhythm and beats.

## Style Six: Interpersonal

You tend to learn well through interacting and communicating with others. You value and learn from other’s opinions and prefer to study with at least one other person.

## Style Seven: Intrapersonal

You prefer to get work done alone using self-reflection and your own thoughts and ideas.

**To learn more about Howard Gardner’s Theory of Multiple Intelligences check out these websites:**

<https://davidmctier.files.wordpress.com/2011/05/what-are-my-learning-strengths.pdf>

[http://www.rop.santacruz.k12.ca.us/resources/career\\_planning/step1tool7.pdf](http://www.rop.santacruz.k12.ca.us/resources/career_planning/step1tool7.pdf)