

LEARNING THROUGH OUR SENSES

Rank each item in each row 1 through 4, with 4 being "most like you" and 1 being "least like you." Write each below each box. Add the columns and write in the Total boxes.
See which style fits you best by looking at the highest score!

	VISUAL	AUDITORY	TACTILE	KINESTHETIC
LEARNING STYLE	Learns by seeing; watching demonstrations	Learns by verbal instructions from others or self	Learns through sense of touch and feeling; a hands-on approach	Learns through direct involvement; by moving and doing
READING	Likes descriptions & diagrams; may pause to imagine scene; intense concentration	Dislikes lengthy descriptions; may read aloud or move lips as read	Prefers experiencing activities rather than reading about them	Prefers action to reading; may intersperse reading with physical activity
MEMORY	Utilizes lists and notes to help remember; when meeting people may remember the face over the name	Utilizes listening skills and auditory repetition; when meeting people may remember the name over the face	Utilizes "doing", can remember complicated concepts if try them; when meeting people may remember what they did over name/face	Utilizes movement to remember complicated concepts; when meeting people may remember what they did over name/face
VISUALIZATION OF CONCEPTS	Vivid imagination; thinks in pictures, visualizes in detail	Subvocalizes; thinks in sounds; details less important	Images often accompanied by action; touching, doing, experimenting	Images are often accompanied by movement
FOCUS	Generally unaware of sounds; distracted by visual disorder or movement	Easily distracted by others; enjoy lectures and focuses well in class	Not as attentive to visual or auditory presentations, so may seem easily distractible	Not as attentive to visual or auditory presentations, so may seem easily distractible
PROBLEM SOLVING	Deliberate; organizes thoughts by writing them; lists problems, creates outlines	Talks problem out; tries solutions verbally; will talk self through a problem	Often selects solution involving experimentation; enacting concepts impulsive and creative;	Attacks problems physically; impulsive and creative; often selects solution involving greatest activity
COMMUNICATION	Quiet; usually does not talk at length; best at written communication	Enjoys listening but cannot wait to talk; descriptions can be long; enjoys conversations	Communicates best by demonstrating; dislikes long verbal discourse and can lose interest	Uses gestures; dislikes long verbal discourse and can lose interest
TOTAL SCORES				

INCREASE YOUR POTENTIAL WITH THESE SKILLS

KINESTHETIC	TACTILE
<ul style="list-style-type: none"> * Stand up if you feel your mind wandering * Bring a rubber band to class and wrap/unwrap it around your hand or pen * For studying, bounce a tennis ball as you answer questions; memorize while walking or exercising * Study in pairs or in groups or "teach" to yourself * Bounce a leg up and down to release energy * Study in increments; factor in frequent breaks * Tense and relax your muscles during long lectures 	<ul style="list-style-type: none"> * Trace or rewrite words to help memorize facts * Practice experiential learning (creating models, doing lab work, and role playing) * Use computer to help reinforce learning through the sense of touch * Study in pairs or in groups * Highlight, underline, or take notes as you read * Study in increments; factor in frequent breaks * Create and use flash cards or memory games to help you study
AUDITORY	VISUAL
<ul style="list-style-type: none"> * Play music in the background as you read or study and/or read your textbook out loud * In class, sit near the front so you can hear clearly * Study with others; question one another aloud * Memorize through recitation * Utilize the audio tool on computers to review notes or handouts * Ask professors if you can record the lectures and listen to it later for review * Participate in class discussions to increase learning 	<ul style="list-style-type: none"> * Use graphics to reinforce learning - films, slides, illustrations, diagrams, doodles * Color code to organize notes and possessions * Take notes while in lectures * Utilize flow charts and diagrams for note taking * Visualize spelling of words or facts to be memorized * Study alone; you need to visualize things to remember them and noise may distract you * Sit near the front in class so you can see clearly