

# CHARACTERISTICS OF LEARNING STYLES

Three of your five senses are primarily used in learning, storing, remembering, and recalling information. Your eyes, ears, and sense of touch play essential roles in the way you communicate, perceive reality, and relate to others. Because you learn from and communicate best with someone who shares your dominant modalities (ways of doing things), it is a great advantage for you to get to know the characteristics of visual, auditory, and kinesthetic learning styles and to be able to identify them in others.

## VISUAL

Mind sometimes strays during verbal activities  
Observes rather than talks or acts  
Organized in approach to tasks  
Likes to read  
Usually a good speller  
Memorizes by seeing graphics and pictures  
Not too distractible  
Finds verbal instructions difficult  
Has good handwriting  
Remembers faces  
Uses advanced planning  
Doodles  
Quiet by nature  
Meticulous, neat in appearance  
Notices details

## AUDITORY

Talks to self aloud  
Enjoys talking  
Easily distracted  
Has more difficulty with written directions  
Likes to be read to  
Memorizes by steps in a sequence  
Enjoys music  
Whispers to self while reading  
Remembers faces  
Easily distracted by noises  
Hums or sings  
Outgoing by nature  
Enjoys listening activities

## KINESTHETIC

Likes physical rewards  
In motion most of the time  
Likes to touch people when talking to them  
Taps pencil or foot while studying  
Enjoys doing activities  
Reading is not a priority  
Poor speller  
Likes to solve problems by physically working through them  
Will try new things  
Outgoing by nature  
Expresses emotions through physical means  
Uses hands while talking  
Dresses for comfort  
Enjoys handling objects

**Students who have equal modality preferences (learning styles) are more flexible learners and are already using many studying techniques rather than just a few.**

Using "Characteristics of Learning Styles," identify ten characteristics that best describe how you like to learn.

### My Learning Characteristics

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Self-Assessment of Modality Strengths

Read each question or statement and circle the most appropriate answer. Some will be difficult to answer, but try to respond according to how you would react most often.

1. You usually remember more from a class when:
  - a. you do not take notes but listen very closely
  - b. you sit near the front of the room and watch the speaker
  - c. You take notes (whether or not you look at them again)
  
2. You usually solve problems by:
  - a. talking to yourself or a friend
  - b. using an organized, systematic approach with lists, schedules, etc.
  - c. walking, pacing, or some other physical activity
  
3. You remember phone numbers when you cannot write them down by:
  - a. repeating the numbers orally
  - b. “seeing,” or visualizing, the numbers in your mind
  - c. “writing” the numbers with your finger on a table or wall
  
4. You find it easiest to learn something new by:
  - a. listening to someone else explain how to do it
  - b. watching a demonstration of how to do it
  - c. trying it yourself
  
5. You remember most clearly from a movie:
  - a. what the characters said, background music and noises
  - b. the setting, scenery and costumes
  - c. the feelings you experience during the movie
  
6. When you go to a grocery store, you:
  - a. silently or orally repeat the list
  - b. walk up and down the aisles to see what you need
  - c. usually remember what you need from the list you left at home
  
7. You are trying to remember something, so you:
  - a. try to see it happen in your mind
  - b. hear in your mind what was said or the noises that occurred
  - c. feel the way it reacted with your emotions
  
8. You learn a foreign language best by:
  - a. listening to records or tapes
  - b. writing and using workbooks
  - c. attending a class in which you read and write
  
9. You are confused about the correct spelling of a word, so you:
  - a. sound it out
  - b. try to “see” the word in your mind
  - c. write the word several different ways and choose the one that looks right

# Psychology

Learning Style Profile

Group Discussion

Date \_\_\_\_\_

Names: \_\_\_\_\_  
\_\_\_\_\_

What did you learn about yourself by doing the learning styles evaluation and profile?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What helped you decide you have this learning style/s?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How did your comfort level change with each type of evaluation – visual, auditory, kinesthetic/tactile?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

If you knew your learning style before, how did you know it?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

In what ways will knowing your learning style help you this year?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_