Questionnaire: Learning styles[1]

1 Write the score that most applies to you next to each sentence below:

> 5 – almost always
> 4 – fairly often
> 3 – sometimes
> 2 – rarely
> 1 – almost never

Score **Statement**

_____ 1 It helps me understand if I discuss things with other people.
_____ 2 When learning, I watch the teacher's face a lot.
_____ 3 I use colours when I take down notes or read (e.g. highlighter pens, different coloured pens).
_____ 4 I get good ideas while I am doing some kind of physical activity.
_____ 5 I prefer spoken to written instructions.
_____ 6 I'd rather listen to a tape than read about a topic.
_____ 7 I prefer someone to draw me a map than to tell me directions to somewhere.
_____ 8 I do less well on written tests than on oral tests.
_____ 9 I don't like sitting at a desk, but study, for example, on the floor, on the bed, in all kinds of places.
_____ 10 I take notes but they are a bit of a mess.
_____ 11 I can easily understand maps, charts, graphs, etc.
_____ 12 I can't sit still for very long.
_____ 13 I like making things with my hands.
_____ 14 If I am doing some work, having the radio on annoys me.
_____ 15 I like to take a lot of breaks when I study.
_____ 16 I use a lot of body language (e.g. gestures) when talking.
_____ 17 I can't picture things in my head very well.
_____ 18 I would rather start doing an activity instead of listening to instructions about how to do it.
_____ 19 I like telling jokes and can remember them well.
_____ 20 I take lots of notes when I read or listen to a lecture.
_____ 21 I doodle when I listen to a lecture.
_____ 22 If I don't look at a speaker, I can still follow well what he or she is saying.
_____ 23 I like creating models of what I am learning.
_____ 24 In a test, I can visualise the place on the page where I learnt something.
_____ 25 I like making projects better than writing reports.
_____ 26 I like to talk when I write.
_____ 27 If I read, I 'listen' to the words in my head.
_____ 28 If I write something down, I remember it better.
_____ 29 I can't remember what people look like very well; I remember better what they say.
_____ 30 If I want to remember something, for example someone's telephone number, it helps if I make a picture of it in my head.
_____ 31 If I study aloud, I can remember better.
_____ 32 I can see pictures in my head.
_____ 33 I would rather read than be read to.

2 Transfer your scores and add them up:

2 _____	4 _____	1 _____
3 _____	9 _____	5 _____
7 _____	10 _____	6 _____
11 _____	12 _____	8 _____
14 _____	13 _____	17 _____
20 _____	15 _____	19 _____
24 _____	16 _____	22 _____
28 _____	18 _____	26 _____
30 _____	21 _____	27 _____
32 _____	23 _____	29 _____
33 _____	25 _____	31 _____
Visual learner	**Kinaesthetic learner**	**Auditory learner**
Total score:	**Total score:**	**Total score:**
_____	_____	_____

Your highest score indicates which your strongest learning style is, your lowest score shows your weakest. There is no right, or perfect, learning style: everyone is, to some degree, a mixture of all three learning styles, but most people may have one learning style which is dominant. A score of more than 40 indicates a particularly strong style; a score of under 20 indicates quite a weak style.

[1] This Learning Styles questionnaire was inspired by those in Reid, 1995.