

**XL 0201: Strategies for Learning
Sensory Learning Styles**

This informal survey helps you identify your own learning style and modality preference. Read each statement carefully. Circle “yes” if the statement relates to you all or most of the time. Circle “no” if the statement seldom or never relates to you. Your first reaction to the question is usually the best response.

- Yes No 1. I like to listen and discuss work with a partner.
- Yes No 2. I learn by hearing my own voice on tape.
- Yes No 3. I prefer to learn something new by reading it.
- Yes No 4. I often write down the directions that someone has given me so I don't forget them.
- Yes No 5. I enjoy physical sports or exercise.
- Yes No 6. I learn best when I can see new information in picture form.
- Yes No 7. I am able to visualize easily.
- Yes No 8. I learn best when someone talks or explains to me.
- Yes No 9. I usually write things down so I can look back at them later.
- Yes No 10. If someone says a long word, I can count the syllables that I hear.
- Yes No 11. I have a good memory for old songs or music.
- Yes No 12. I like to discuss in small groups.
- Yes No 13. I often remember the size, shape, and color of objects.
- Yes No 14. I often repeat out loud the directions someone has given me.
- Yes No 15. I enjoy working with my hands.
- Yes No 16. I can remember the faces of actors, settings, and other visual details of a movie I saw in the past.
- Yes No 17. I often use my hands and body movement when I'm explaining something.
- Yes No 18. I prefer to practice redrawing diagrams on a chalkboard rather than on paper.
- Yes No 19. I seem to learn better if I get up and move around while I study.
- Yes No 20. If I wanted to assemble a bike, I would need pictures or diagrams to help me with each step.
- Yes No 21. I remember objects better when I have touched or worked with them.
- Yes No 22. I learn best by watching someone first.
- Yes No 23. I tap my fingers or my hands a lot when I am seated.
- Yes No 24. I speak a foreign language.

- Yes No 25. I enjoy building things.
- Yes No 26. I can follow the plot of a story on the radio.
- Yes No 27. I enjoy repairing things at home.
- Yes No 28. I can understand a lecture when I hear it on tape.
- Yes No 29. I am good at using machines or tools.
- Yes No 30. I find sitting still for a long time very difficult.
- Yes No 31. I enjoy acting or doing pantomimes.
- Yes No 32. I can easily see patterns in designs.
- Yes No 33. I need frequent breaks to move around.
- Yes No 34. I like to recite or write poetry.
- Yes No 35. I can usually understand people with different accents.
- Yes No 36. I can hear many different pitches or melodies in music.
- Yes No 37. I like to dance and create new movements or steps.
- Yes No 38. I enjoy activities that require physical coordination.
- Yes No 39. I follow written directions better than oral ones.
- Yes No 40. I can easily recognize differences between similar sounds.
- Yes No 41. I like to create or use jingles/rhymes to learn things.
- Yes No 42. I wish more classes had hands-on experiences.
- Yes No 43. I can quickly tell if two geometric shapes are identical.
- Yes No 44. The things I remember best are things I have seen in print or pictures.
- Yes No 45. I follow verbal directions better than written ones.
- Yes No 46. I could learn the names of fifteen medical instruments much easier if I could touch them.
- Yes No 47. I need to say things aloud to myself to remember them.
- Yes No 48. I can look at a shape and copy it correctly on paper.
- Yes No 49. I can usually read a map without difficulty.
- Yes No 50. I can "hear" a person's exact words and tone of voice days after he or she has spoken to me.
- Yes No 51. I remember directions best when someone gives me landmarks, such as specific buildings and trees.
- Yes No 52. I have a good eye for colors and color combinations.
- Yes No 53. I like to paint, draw, or make sculptures.
- Yes No 54. When I think back to something I once did, I can clearly picture the experience.

Scoring your profile

1. Ignore the No answers. Work only with the questions that have a Yes answer.
2. For every Yes answer, look at the number of the question. Find the number in the chart below and circle that number.
3. When you finish, not all the numbers in the boxed below will be circled. Your answers will very likely not match anyone else's in the class.
4. Count the number of circles for the Visual box and write the total on the line. Do the same for the Auditory box and the Kinesthetic box.

Visual	Auditory	Kinesthetic
3 4 6 7 9	1 2 8 10 11	5 15 17 18 19
13 16 20 22 32	12 14 24 26 28	21 23 25 27 29
39 43 44 48 49	34 35 36 40 41	30 31 33 37 38
51 52 54	45 47 50	42 46 53

Total _____

Total _____

Total _____

Analyzing your score

1. The highest score indicates your preference. The lowest score indicates your weakest modality.
2. If your two highest scores are the same or very close, both of these modalities may be your preference.
3. If all three of your scores are identical, you have truly integrated all three modalities and can work equally well in any area of the modalities.
4. Scores that are 10 or higher indicates that you use that modality frequently.
5. Scores lower than 10 indicate the modality is not highly used.

Adapted from Linda Wong, *Essential Study Skills* (11-27).

