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
- Memorisizes 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. _____________________

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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. _____________________________________________________________________