

Learning Styles Inventory

Directions: Put a check in the box next to any sentence that describes you.

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|---|--|
| Z | 1. I write "To Do Lists" – lists of things I need or want to do. |
| X | 2. I like to hear someone read directions out loud, step-by-step. |
| Y | 3. I like to build things or do crafts. |
| Y | 4. I like spending time outside. |
| X | 5. I listen to the radio or podcasts to hear news and information. |
| Z | 6. I can put things together correctly by following the directions in an instruction manual. |
| X | 7. I talk to myself. |
| Y | 8. I can't sit still for very long without getting restless. |
| Z | 9. I usually read billboards or signs when I drive or ride the bus. |
| X | 10. I would learn more if I could hear textbooks read to me rather than reading them myself. |
| Z | 11. I like to write notes and summaries when I study for tests. |
| Y | 12. I could learn (or have learned) to type without looking at the keys. |
| Y | 13. Staying healthy is easy for me. For example, it's easy for me to exercise. |
| X | 14. I like to talk to people in my free time. |
| Z | 15. I can remember phone numbers best if I write them down a few times. |
| Y | 16. I like to do physical activities in my free time. |
| X | 17. I can easily concentrate on what people are saying. |
| X | 18. I could learn to play a musical instrument "by ear" – by hearing music – fast than by reading the music on a page. |
| Z | 19. I like using a map rather than hearing directions to find a new place. |
| Y | 20. I learn new physical skills quickly. |
| Z | 21. I like to have written directions from my boss when I'm at work. |
| X | 22. I prefer that my boss or teacher tell me what to do rather than write it down. |

- Y 23. When walking through stores, I like to touch the clothes or other items.
- Z 24. I can easily follow written directions when I cook.
- X 25. I prefer to stop and ask for directions when I am going somewhere new.
- X 26. I learn phone numbers best when I say them out loud a few times.
- Y 27. I am *well-coordinated*. I don't drop things or trip and fall very often.
- Z 28. When I am waiting for something, I read anything I can find.
- Z 29. I like to read in my free time.
- Y 30. I often draw little pictures on any paper I have.

Scoring: Count your Xs, Ys, and Zs and fill in the chart below.

	Your Score	Learning Style	About the Styles
X		Auditory	Learns best by <i>hearing</i> .
Y		Kinesthetic/Tactile	Learns best by <i>doing</i> .
Z		Visual	Learns best by <i>seeing</i> .

In the Study Guide, you will find tips for studying for each learning style. You may not learn best by studying only one way. Thinking about your learning style (or styles!) can help you choose the best ways to prepare for the test.