



Learning Styles Self-Assessment Questionnaire

Mark the answer that most represents how you generally behave.

1. When I operate new equipment I generally:

- a) read the instructions first
- b) listen to an explanation by someone who has used it before
- c) go ahead & have a go, I can figure it out as I use it

2. When I need directions for travelling I usually:

- a) look at a map
- b) ask for spoken directions
- c) follow my gut & maybe use a compass

3. When I cook a new dish, I like to:

- a) follow a written recipe
- b) call a friend for an explanation
- c) follow my instincts, testing as I cook

4. If I am teaching someone something new, I tend to:

- a) write instructions down for them
- b) give them a verbal explanation
- c) demonstrate first & then let them have a go

5. I tend to say:

- a) watch how I do it
- b) listen to me explain
- c) you have a go

6. During my free time I most enjoy:

- a) going to museums & galleries
- b) listening to music & talking to my friends
- c) playing sport or doing DIY

7. When I go shopping for clothes, I tend to:

- a) imagine what they would look like on
- b) discuss them with the shop staff
- c) try them on & test them out

8. When I am choosing a vacation I usually:

- a) read lots of brochures
- b) listen to recommendations from friends
- c) imagine what it would be like to be there

9. If I was buying a new car, I would:

- a) read reviews in newspapers & magazines
- b) discuss what I need with my friends
- c) test-drive lots of different types

10. When learning a new skill, I am most comfortable:

- a) watching what the teacher is doing
- b) talking with the teacher exactly what I'm supposed to do
- c) giving it a try myself & work it out as I go

11. If I am choosing food off a menu, I tend to:

- a) imagine what the food will look like
- b) talk through the options in my head or with my partner
- c) imagine what the food will taste like

12. When I listen to a band, I can't help:

- a) watching the band members & other people in the audience
- b) listening to the lyrics & the beats
- c) moving in time with the music

13. When I concentrate, I most often:

- a) focus on the words or the pictures in front of me
- b) discuss the problem & the possible solutions in my head
- c) move around a lot, fiddle with pens & pencils & touch things

14. I choose household furnishings because I like:

- a) their color & how they look
- b) the descriptions the sales-people give me
- c) their textures & what it feels like to touch them

15. My first memory is of:

- a) looking at something
- b) being spoken to
- c) doing something

16. When I am anxious, I:

- a) visualize the worst-case scenarios
- b) talk over in my head what worries me most
- c) can't sit still, fiddle & move around constantly

17. I feel very connected to other people because of:

- a) how they look
- b) what they say to me
- c) how they make me feel

18. When I have to revise for an exam, I generally:

- a) write lots of revision notes & diagrams
- b) talk over my notes, alone or with other people
- c) imagine making the movement or creating the formula

19. If I am explaining to someone, I tend to:

- a) show them what I mean
- b) explain to them in different ways until they understand
- c) encourage them to try & talk them through as they do it

20. I really love:

- a) watching movies, photography or people watching
- b) listening to music, the radio or talking to friends
- c) taking part in sports, eating fine foods or dancing

21. Most of my free time is spent:

- a) watching television
- b) talking to friends
- c) doing physical activity or making things

22. When I first contact a new person, I usually:

- a) arrange a face to face meeting
- b) talk to them on the telephone
- c) try to meet while doing something else, i.e. an activity or meal



23. I first notice how people:

- a) look & dress
- b) sound & speak
- c) stand & move

24. If I am angry, I tend to:

- a) keep replaying in my mind what it is that has upset me
- b) raise my voice & tell people how I feel
- c) stomp, slam doors & physically demonstrate my anger

25. I find it easiest to remember:

- a) faces
- b) names
- c) things I have done

26. I think that you can tell if someone is lying if:

- a) they avoid looking at you
- b) their voice changes
- c) they give me funny vibes

27. When I meet an old friend:

- a) I say "it's great to see you!"
- b) I say "it's great to hear from you!"
- c) I give them a hug or a hand shake

28. I remember things best by:

- a) writing notes or keeping printed details
- b) saying them aloud or repeating words & key points
- c) doing & practicing the activity or imagining it being done

29. If I receive a faulty item, I am most comfortable:

- a) writing a letter
- b) complaining over the phone
- c) taking the item back to the store or main office

30. I tend to say:

- a) I see what you mean
- b) I hear what you are saying
- c) I know how you feel

Now add up how many A's, B's & C's you selected.

A's = _____

B's = _____

C's = _____

Your main preference is: _____

Your secondary preference is: _____