

## Sample Test for Learning Style Assessment

|    |  | Visual  | Auditory  | Kinesthetic  |
|----|--|---|---|--|
| 1  | When operating new equipment for the first time I prefer to... | read the instructions                               | listen to or ask for an explanation                   | have a go and learn by doing it  |
| 2  | When seeking travel directions I...                            | look at a map                                       | ask for spoken directions                             | follow my nose or maybe use a compass                                      |
| 3  | When cooking a new dish I...                                   | follow a recipe                                     | call a friend for explanation                         | follow my instinct, tasting as I cook                                      |
| 4  | To teach someone something I...                                | write instructions                                  | explain verbally                                      | demonstrate and let them do it   |
| 5  | I tend to say...   | "I see what you mean"                               | "I hear what you are saying"                          | "I know how you feel"  |
| 6  | I tend to say...   | "show me"   | "tell me"   | "let me try"   |
| 7  | I tend to say...   | "watch how I do it"                                 | "listen to me attentively as I explain"               | "you have a go"  |
| 8  | Complaining about faulty items I tend to...                    | write a letter                                      | phone   | go back to the store, or send the faulty item to the head office           |
| 9  | I prefer these leisure activities                              | museums or galleries                                | music or conversation                                 | physical activities or making things                                       |
| 10 | When shopping generally I tend to...                           | look and decide                                     | discuss with shop staff                               | try on, handle or test   |
| 11 | Learning a new skill...  | I watch what the teacher is doing                   | I ask the teacher, exactly what I am supposed to do   | I like to give it a try and work it out as I go along by doing it          |
| 12 | When listening to a song                                       | I sing along with the lyrics (in my head or aloud!) | I listen to the lyrics and the beats                  | I move in time with the music  |
| 13 | When concentrating I...  | focus on the words or pictures in front of me       | discuss the problem and possible solutions in my head | move around a lot, fiddle with pens and pencils and touch unrelated things |

|    |   | <b>Visual</b>                            | <b>Auditory</b>  | <b>Kinesthetic</b>   |
|----|---|--|--|--|
| 14 | I remember things best by...                        | writing notes or keeping printed details | saying them aloud or repeating words and key points in my head | doing and practicing the activity, or imagining it being done    |
| 15 | My first memory is of...                            | looking at something                     | being spoken to  | doing something  |
| 16 | When anxious, I...                                  | visualise the worst-case scenarios       | talk over in my head what worries me most                      | can't sit still, fiddle and move around constantly               |
| 17 | I feel especially connected to others because of... | how they look                            | what they say to me  | how they make me feel  |
| 18 | When explaining something to someone, I tend to...  | show them what I mean                    | explain to them in different ways until they understand        | encourage them to try and talk them through the idea as they try |
| 19 | Most of my free time is spent...                    | watching television                      | talking to friends   | doing physical activity or making things                         |
| 20 | When I first contact a new person...                | I arrange a face to face meeting         | I talk to them on the telephone                                | I try to get together to share an activity                       |
| 21 | I first notice how people...                        | look and dress                           | sound and speak  | stand and move   |
| 22 | I find it easiest to remember...                    | faces                                    | names  | things I have done   |
| 23 | I think I can tell someone is lying because...      | they avoid looking at you                | their voice changes  | of the vibes I get from them                                     |
| 24 | When I'm meeting with an old friend...              | I say "it is great to see you!"          | I say "it is great to hear your voice!"                        | I give them a hug or a hand shake.                               |

