

*If you know
how you learn
best, then you
can use this
knowledge to
improve.*

What is the best way for you to learn?

If you know how you learn, then you can use this to help you improve

1. I prefer to see how a task is done before I try it.
2. I like to jump in and try what I am learning even if I make a mistake.
3. I like it when I can discuss what we are learning about.
4. I tend to use a lot of gestures and movement when I am talking to people.
5. I remember names and voices better than faces.
6. I like books that are illustrated.
7. I learn by moving.
8. I would rather listen to a story on tape than read it.
9. I would rather watch TV than listen to music.
10. I prefer spoken instructions to written ones.
11. I remember things best if I actually do them.
12. I remember things best so long as I see them done.
13. I like to have music on in the background when I am studying.
14. I like to be comfortable when studying.
15. I like lots of colour.
16. I would rather be doing something than watching TV.
17. I can easily picture things in my head.
18. I can easily remember what I hear.
19. I spend a lot of time on the telephone.
20. I prefer to look at people when they are talking to me.
21. I sometimes eat snacks while I study.
22. It is difficult for me to sit still for a long time.
23. I take in information when teachers use posters, charts and pictures.
24. I take in information through listening to teachers talking.
25. I often rock back in my chair or fidget in class.
26. I tend to remember faces better than names.
27. I sometimes get into trouble for talking in class.
28. I sometimes find it difficult to concentrate if I sit by a window.

29. I get restless easily.

30. I would rather listen to music than watch TV.

Tick if YES

1. V

2. K

3. A

4. K

5. A

6. V

7. K

8. A

9. V

10. A

11. K

12. V

13. A

14. K

15. V

16. K

17. V

18. A

19. A

20. V

21. K

22. K

23. V

24. A

25. K

26. V

27. A

28. V

29. K

30. A

Totals:

V = ___ (visual)

A = ___ (auditory)

K = ___ (kinaesthetic)