

Learning Style Questionnaire

The following questionnaire will help you to discover which style of learning you favour most.

	Visual		Auditory		Kinaesthetic	
When operating new equipment for the first time I prefer to . . .	Read the instructions		Ask someone to explain how to use it.		Have a go and learn by trial and error	
When seeking travel directions I . . .	Look at a map		Ask for directions		Follow my nose and stop and ask for directions if necessary	
To teach someone something I . . .	Write instructions or draw them a diagram/picture		Explain verbally		Demonstrate, then let them have a go	
When cooking a new dish I . . .	Follow a recipe		Call a friend to tell me how to do it		Follow my instinct, adding what I think will taste good	
I first notice how people	Look and dress		Sound and speak		Stand and move	
If I have to complain about faulty goods I . . .	Write a letter		Phone		Go back to the shop to speak to someone and show them what the problem is	
When I am concentrating I . . .	Focus on words or pictures in front of me or in my head		Discuss with myself what I am doing, either out loud or in my head		Move around a lot, fiddle with things and touch unrelated objects	
I remember things best by . . .	Writing notes or making diagrams/charts (often in colours) or keeping printed details		Saying them aloud or repeating words and key points in my head or getting someone to talk it over with me		Doing and practising the activity or imagining it being done	
I think I can tell if someone is lying because . . .	They avoid looking at you		Their voice changes		Of the vibes I get from them	
I tend to say . . .	I see what you mean		I hear what you are saying		I know how you feel	
When asking about something new, I like someone to . . .	Show me		Tell me		Let me have a go	
When I first contact a new person . . .	I like to meet them face to face		I prefer to talk to them on the telephone		I try to meet up with them to share an activity	
When I am very angry I keep replaying in my mind what it is that has upset me		I shout a good deal and tell people how I feel		I stamp about, slam doors and throw things	
When I meet someone I . . .	Smile and look into their eyes		Speak to them		Hug them or shake hands	
When I learn a new method in ringing I . . .	Visualise the blue-line		Keep reciting the order of work to myself		Have a quick look at it but know I won't remember it until I've rung it a few times	