

# WHAT'S YOUR **LEARNING** **STYLE?**



Understanding more about ourselves can assist us to achieve a fulfilled personal life and career. Once we know what we want, we can go out there and get it!

## Learning Preference Styles

Everyone has individual learning needs. We all perceive our needs differently and have preferred learning styles. These styles relate to the way in which people internalise perceptions and the tools used to develop their learning.

Understanding your own learning style preferences and realising that others have different preferences from your own will assist you in managing your own learning processes as well as those of others i.e. in a workplace situation.

## ACTIVITY - LEARNING STYLES SELF-ASSESSMENT QUESTIONNAIRE

Tick the statement that most represents how you generally behave.

There are no right or wrong answers.

### 1 When I operate new equipment I generally

- a  Read the instructions first
- b  Listen to an explanation from someone who has used it before
- c  Go ahead and 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 nose and 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 and 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 and galleries
- b  Listening to music and talking to friends
- c  Playing sport or doing DIY

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

- a  Imagine what they look like on
- b  Discuss them with the shop staff
- c  Try them on and test them out

8 When I'm choosing a holiday 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 car, I would

- a  Read reviews in newspapers and magazines
- b  Discuss what I need with my friends
- c  Test drive lot of different types of cars

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

- a  Watching what the trainer is doing
- b  Talking through with the trainer exactly what I'm supposed to do
- c  Giving it a try myself and 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  Watch the band members and other people in the audience
- b  Listen to the lyrics and 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 and the possible solutions in my head
- c  Move around a lot, fiddle with pens and pencils and touch things

14 I choose household furnishings because I like

- a  Their colours and how they look
- b  Their descriptions the sales people give me
- c  Their textures and 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  Visualise the worst case scenarios
- b  Talk over in my head what worries me the most
- c  Can't sit still, fiddle and move around constantly

17 I feel especially 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 and 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 something 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 and talk them through my idea as they do it

20 I really love

- a  Watching films, photography, looking at art
- b  Listening to music, the radio or talking to friends
- c  Taking part in sporting activities, eating fine food and wines or dancing

21 Most of my free time is spent

- a  Watching TV
- b  Talking to friends
- c  Doing physical activities 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 phone
- c  Get together and do an activity or go out for a meal

23 I first notice how people

- a  Look and dress
- b  Sound and speak
- c  Stand and move

24 If I am angry, I tend to

- a  Keep replaying in my mind what is it that has upset me
- b  Raise my voice and tell people how I feel
- c  Stomp about, slam doors and physically demonstrate my anger

25 I find it easier 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 handshake

28	I remember things best by
a	<input type="radio"/> Writing notes or keeping printed details
b	<input type="radio"/> Saying them aloud or repeating words and key points in my head
c	<input type="radio"/> Doing and practising the activity or imagining it being done
29	If I have to complain about faulty goods, I am most comfortable
a	<input type="radio"/> Writing a letter
b	<input type="radio"/> Complaining over the phone
c	<input type="radio"/> Taking the item back to the store or posting it to head office
30	I tend to say
a	<input type="radio"/> I see what you mean
b	<input type="radio"/> I hear what you are saying
c	<input type="radio"/> I know how you feel

Now add up how many A's, B's and C's you have selected

**A's**

**B's**

**C's**

If you chose mostly A's you have a **VISUAL** learning style



If you chose mostly B's you have a **AUDITORY** learning style



If you chose mostly C's you have a **KINAESTHETIC** learning style



You may find that your learning style may be a blend of two or three styles, in this case read about the styles that apply to you in the explanation below.

## EXPLANATION

The VAK learning style model suggests that most people can be divided into one of three preferred styles of learning. There are no right or wrong learning styles.

### VISUAL

Someone with a VISUAL learning style has a preference for seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flip chart etc. These people use phrases such as 'show me', 'let's have a look at that' and are best able to perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from lists and written directions and instructions.

## AUDITORY

Someone with an AUDITORY learning style has a preference for the transfer of information through listening: to the spoken word of self or others, of sound and noises. These people will use phrases such as 'tell me', 'let's talk it over' and new tasks are best performed after listening to instructions from an expert. These are the people who are happy being given spoken instructions over the phone, and can remember all the words to the songs that they hear.

## KINAESTHETIC

Someone with a KINAESTHETIC learning style has a preference for physical experience - touching, feeling, holding, doing, practical hand-on experiences. These people will use phrases such as 'let me try', 'how do you feel?', and new tasks best performed by going ahead and trying it out, learning as they go. These are the people who like to experiment, they are hands-on and never look at the instructions first.

When you know your preferred learning style(s), you understand the type of learning that best suits you. This enables you to choose the types of learning that work best for you.

What was your strongest learning style preference?



Do you agree with this outcome? Please comment why or why not

How can your learning style assist you?