

# Know Your Learning Style

Knowing your learning style is important. Learning styles have nothing to do with how intelligent you are or what skills you have learned. Knowing your learning style simply tells you how your brain works most efficiently to learn new information. Knowing your learning style can help you be more successful in your classes.

This chart helps you determine your learning style; read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but the dominant column indicates your primary learning style.

When you...	Visual	Auditory	Kinesthetic & Tactile
<b>Spell</b>	Do you try to see the word?	Do you sound out the word or use a phonetic approach	Do you write the word down to find if it feels right?
<b>Talk</b>	Do you dislike listening for too long? Do you favor words such as <i>see, picture</i> and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear, tune</i> and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel, touch</i> and <i>hold</i> ?
<b>Concentrate</b>	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
<b>Meet someone again</b>	Do you forget names but remember faces, or remember where you met?	Do you forget faces but remember names or what you talked about?	Do you remember best what you did together?
<b>Contact people on business</b>	Do you prefer face-to-face meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
<b>Read</b>	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
<b>Do something new at work</b>	Do you like to see demonstrations, diagrams, slides or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
<b>Put something together</b>	Do you look at the directions and the picture?	Do you talk it out to yourself or someone else as you put it together?	Do you ignore the directions and figure it out as you go along?
<b>Need help with a computer application</b>	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?