

## Learning Styles Inventory

Circle the answer that BEST describes you.

1. When I learn to do something, I learn best when I:  
(V) Watch someone show me how.  
(A) Listen to someone tell me how.  
(K) Try to do it myself.
2. When I read, I often:  
(V) Make a picture in my mind of what I am reading.  
(A) Read out loud or hear the words inside my head.  
(K) Move a lot and try to feel what I am reading.
3. When I give directions, I:  
(V) See the places in my head as I explain them or I like to draw the directions.  
(A) I give directions out loud.  
(K) I have to point or move my body as I give directions.
4. If I am unsure how to spell a word, I:  
(V) Write it to figure out if it looks right.  
(A) Spell it out loud to figure out if it sounds right.  
(K) Write it to figure out if it feels right.
5. When I write, I:  
(V) Want my work to be neat and my letters and words well spaced.  
(A) Often say the letters and words to myself.  
(K) Push hard on my pencil and can feel the flow of the letters as I form them.
6. When I have to remember a list of items, I remember it best if I:  
(V) Write them down.  
(A) Say them over and over to myself.  
(K) Move around and use my fingers to name each of them.
7. I like teachers who:  
(V) Use the board or the projector while they teach.  
(A) Talk with a lot of excitement.  
(K) Use hands-on activities.

8. When I try to concentrate, I have a difficult time when:  
(V) Other people are moving in the room.  
(A) The room is noisy.  
(K) I have to sit still.
9. When I solve a problem, I:  
(V) Write or draw pictures to see it.  
(A) Talk myself through it.  
(K) Use my entire body or move objects to help me think.
10. When the teacher gives me written instructions on how to build something, I:  
(V) Read them silently and try to see in my head how the parts will fit together.  
(A) Read them out loud and talk to myself as I put the parts together.  
(K) Try to put the parts together first and read the instructions later.
11. To keep myself busy while I wait, I:  
(V) Look around, stare, or read.  
(A) Talk or listen to others.  
(K) Walk around, manipulate things with my hands, or move/shake my feet as I sit.
12. When I describe something to another person, I:  
(V) Am brief because I do not like to talk too long.  
(A) Use a lot of details, give a lot of information because I like to talk.  
(K) Use my hands and move around while I talk.
13. When my friend describes something to me, I:  
(V) Try to see in my head what he/she is saying.  
(A) Enjoy listening but want to interrupt and talk myself.  
(K) Become bored if the description is too long.
14. When I try to recall names, I remember:  
(V) Faces by forget names.  
(A) Names, but forget faces.  
(K) Where and when I met the person.

Add them together

Total:

\_\_\_\_\_ (V) Visual

\_\_\_\_\_ (A) Auditory

\_\_\_\_\_ (K) Kinesthetic

## Description of the Learning Styles

First letter: The style that appears the most.

Second letter: The style that appears in the middle.

Third letter: The style that appears the least.

**1. V-A-K (Show and tellers)**

Natural persuaders who learn best through reading and light up when telling stories. Good students who shy away from sports.

**2. V-K-A (Seer / Feelers)**

Empathetic children who learn best by doing what they are shown and asking endless questions. Generally prefer working in groups.

**3. A-K-V (Leaders of the Pack)**

Natural powerhouses who learn by teaching others. Though they have extensive speaking vocabularies, they tend to have difficulty learning to read and write.

**4. A-V-K (Verbal Gymnasts)**

Effective and articulate communicators whose words pour out in logical order. They love facts, history, and ideas of all kinds, and have to talk to understand. Sports may be difficult.

**5. K-V-A (Wandering Wonderers)**

Quiet Einsteins who learn best in solitude. Can learn physical tasks easily without verbal instruction. Can become overwhelmed by listening.

**6. K-A-V (Movers and Groovers)**

Athletes who need to be allowed to use their bodies in order to learn – often labelled hyperactive. Reading and writing may be very difficult.