

Resource 2a (Activity 3)

Questionnaire - How Do You Learn Best?

We all learn in many different ways, we see things, we hear things and we do things. However, most people have a preference, sometimes a very strong preference, for a particular way of learning.

People who prefer to see information are often referred to as **visual learners**, people who would rather hear information are known as **auditory learners** and people who prefer to learn by doing are called **kinaesthetic learners**.

It helps to know what kind of learner you are, as people will generally learn best when they work in their preferred learning style. This questionnaire will give you a clue as to your learning preference. Remember, it is only a preference; we all learn in many different ways.

Answer each question as honestly as you can. Award a mark between **3** and **0** for each statement.

- 3** That's definitely me! Absolutely agree. All the time.
- 2** That describes me quite well. Largely agree. Some of the time.
- 1** That doesn't really describe me. Generally disagree. Very rarely.
- 0** That's not me. Totally disagree. Never.

Visual

- If I have to spell a tricky word, I write it out to see it looks right.
- I remember things best when I write them down.
- I take a lot of notes of what I read/hear.
- I always look at the teacher when they are talking
- it helps me concentrate.
- I find it easy to understand maps, graphs and diagrams.
- When I am doing a test I can often picture my notes or the textbook.
- I am able to visualize pictures in my mind.
- I talk quickly - I tend to talk more than I listen.
- I prefer to see a map than be given spoken directions.
- I say things like, 'I see what you mean' or 'I get the picture'.

total:
 30

Resource 2b (Activity 3)**Questionnaire - How Do You Learn Best?**

Answer each question as honestly as you can. Award a mark between **3** and **0** for each statement.

- 3** That's definitely me! Absolutely agree. All the time.
- 2** That describes me quite well. Largely agree. Some of the time.
- 1** That doesn't really describe me. Generally disagree. Very rarely.
- 0** That's not me. Totally disagree. Never.

Auditory

When I'm doing a test, I can often hear the teacher saying something.

When spelling a tricky word, I say it over and over again, to see if it sounds right.

I say things like, 'I hear what you say' or 'that rings a bell'.

I often tilt my head to the side and/or rest my head in my hand during lessons.

I often talk to myself - say things aloud - when working.

I often repeat instructions to myself under my breath.

I find/would find it helpful to speak my notes on to audio cassette and play them back.

I would prefer people to tell me directions rather than show me a map.

I find it easy to follow a speaker even when I'm not looking at them.

total:
30

Resource 2c (Activity 3)

Questionnaire - How Do You Learn Best?

Answer each question as honestly as you can. Award a mark between **3** and **0** for each statement.

- 3** That's definitely me! Absolutely agree. All the time.
- 2** That describes me quite well. Largely agree. Some of the time.
- 1** That doesn't really describe me. Generally disagree. Very rarely.
- 0** That's not me. Totally disagree. Never.

Kinaesthetic

I don't like reading or listening to instructions - I just prefer to get on with it.

I need to take regular breaks when I'm working.

If I have to spell a tricky word, I write it in the air to see if it feels right.

I wave my hands around a lot when I'm explaining something.

I say things like 'that feels right to me' or 'I've got the hang of it'.

I like to learn in real life situations.

I find it hard to sit still - I'm a fidget.

I like to explore things - taking them apart and tinkering with them.

I like to walk around when I am reading/talking.

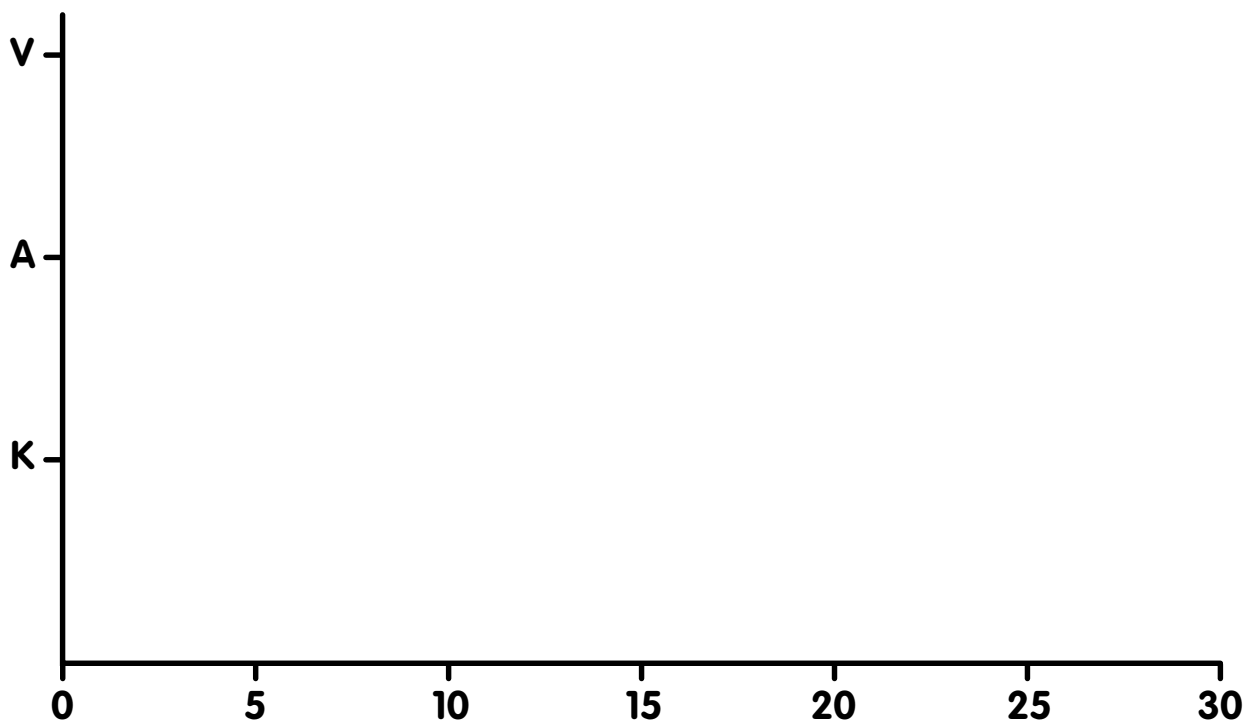
If I had to assemble a piece of furniture, I would just work it out by trial and error, rather than follow the instructions.

total:
30

Resource 2d (Activity 3)

How Do You Learn Best? - Graph

Now complete the graph below.
What clues does it give you about the way that you learn best?



V - visual

A - auditory

K - kinaesthetic

Resource 3 (Activity 3) Learning Styles

Visual Learners

‘How does it look?’

You get fed up when the teacher talks too much, as you prefer to see what you are trying to learn and use your imagination. Pictures, charts and graphs appeal to you. You like to read people’s facial expressions and body language to work out what’s going on in their head, rather than relying on what they say. Because of this skill, you may be good at persuading people and enjoy telling a story as you tend to have a great imagination! Making notes as you listen sometimes helps you to remember things better. You sometimes like to ask a lot of questions to make sure that you understand something clearly.

Auditory Learners

‘How does it sound?’

You like to listen to a story or description of something. You tend to listen to more than just the words, using the tone, speed and pitch of the speaker’s voice to inform you also. You like to be given facts and information, but discussing them with others helps you to really understand something. Once you understand, you are easily able to explain things in such a way that someone else will get it too! However, if someone gives you information to simply read you find it more difficult to remember than when you hear it out loud. You are not always enthusiastic about having to write about what you have learnt.

Kinaesthetic Learners

‘How do I do it?’

You like to actually physically do something when learning, and find sitting listening to instructions difficult. The old Chinese Proverb, ‘I hear and I forget, I see and I remember, I do and I understand’ makes sense to you because it is when you do something that you really understand what you are learning. You prefer to ignore the instructions and just figure something out for yourself as you go along. You might like working with others, be easily distracted by noise and activity around you, and feel quite fidgety in class because you want to actually **do** something! However, some kinaesthetic learners are quiet and like working alone on a project.