



ADULT LEARNING STYLE INVENTORY

The Visual, Audio, Kinesthetic Learner

To better understand how you prefer to learn and process information, place a check in the appropriate space after each statement below, then use the scoring sheet to evaluate your responses. Use what you learn from this inventory to better develop learning strategies that are best suited to your students' learning styles. This 24-item survey is not timed. Respond to each statement as honestly as you can.

	Often	Sometimes	Seldom
1. I can remember best about a subject by listening to a lecture that includes information, explanations and discussion.			
2. I prefer to see information written on a chalkboard and supplemented by visual aids and assigned readings..			
3. I like to write things down or to take notes for visual review.			
4. I prefer to use posters, models, or actual practice and other activities in class.			
5. I require explanations of diagrams, graphs, or visual directions.			
6. I enjoy working with my hands or making things.			
7. I am skillful with and enjoy developing and making graphs and charts.			
8. I can tell if sounds match when presented with pairs of sounds.			
9. I can remember best by writing things down several times.			
10. I can easily understand and follow directions on a map. .			



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	Often	Sometimes	Seldom
11. I do best in academic subjects by listening to recorded lectures and audio			
12. I play with coins or keys in my pocket.			
13. I learn to spell better by repeating words out loud than by writing the words on paper.,			
14. I can understand a news article better by reading about it in the newspaper than by listening to a report about it on the radio.			
15. I chew gum, smoke, or snack while studying.			
16. I think the best way to remember something is to picture it in your head.			
17. I learn the spelling of words by "finger spelling" them.			
18. I would rather listen to a good lecture or speech than read about the same material in a textbook.			
19. I am good at working and solving jigsaw puzzles and mazes.			
20. I grip objects in my hands during learning periods.			
21. I prefer listening to the news on the radio rather than reading about it in the newspaper.			



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	Often	Sometimes	Seldom
22. I do best in academic subjects by listening to recorded lectures and audio			
23. I play with coins or keys in my pocket.			
24. I follow oral directions better than written ones.			

DIRECTIONS: Place the point value on the line next to the corresponding item below. Add the points in each column to obtain the preference score under each heading.

Often = 5 Points Sometimes = 3 Points Seldom = 1 Point

	Points
2.	
3.	
7.	
10.	
14.	
16.	
19.	
22.	
T	

	Points
1.	
5.	
8.	
11.	
13.	
18.	
21.	
24.	
T	

	Points
4.	
6.	
9.	
12.	
15.	
17.	
20.	
23.	
T	



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Visual Learner:

VPS = _____

If you are a VISUAL learner, by all means, be sure that you look at all study materials. Use charts, maps, film strips, notes, videos, and flash cards. Practice visualizing or picturing words and concepts in your head. Write out everything for frequent and quick visual review.

Auditory Learner:

APS = _____

If you are an AUDITORY learner, you may wish to use tapes. Tape lectures to help fill in gaps in your notes. But do listen and take notes - and review your notes frequently. Sit in the lecture hall or classroom where you can hear well. After you have read something, summarize it and recite it aloud. Talk to other students about class material.

Kinesthetic Learner:

KPS = _____

If you are a KINESTHETIC learner, trace words as you are saying them. Facts that must be learned should be written several times. Keep a supply of scratch paper on hand for this purpose. Taking and keeping lecture notes is very important. Make study sheets. Associate class material with real-world things or occurrences. When appropriate, practice role-playing.