

Learning Style Assessment

HOW DO YOU LEARN?

| | |
|---------------------|--|
| Learner name: | |
| Date of assessment: | |
| Result: | |
| Assessor: | |

Circle or tick the answer that most represents how you generally behave.

(It is best to complete the questionnaire before reading the accompanying explanation, and stick with your first answer; this gives the most accurate results).

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/sat nav
 - b) ask for spoken directions
 - c) follow my nose and maybe use a compass

3. When I am learning a new skill, I am most comfortable:
 - a) watching a demonstration
 - b) talking through the options in my head or with my partner
 - c) giving it a try myself and work it out as I go

4. If I am explaining 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

5. I remember things best by:
 - a) writing notes or keeping printed details
 - b) saying them aloud or repeating words and key points in my head
 - c) doing and practicing the activity or imagining it being done

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 an **AUDITORY** learning style.

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

VAK learning Styles Explanation

The VAK learning styles model suggests that most people can be divided into one of three preferred learning styles. These three styles are as follows, and there are no right or wrong learning styles:

- 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 will use phrases such as “show me”, “let’s have a look at that” and will be 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.
- Someone with an **Auditory** learning style has a preference for the transfer of information through listening: to the spoken word, of self and others, of sounds and noises. These people will use phrases such as “tell me”, “let’s talk it over” and will be best able to perform a new task after listening to instructions from an expert. These are the people who are happy being given spoken instructions over the telephone and can remember all the words to songs that they hear!
- Someone with a **Kinaesthetic** learning style has a preference for physical experience – touching, feeling, holding, doing, and practical hands-on experience. These people will use phrases such as “let me try”, “how do you feel?” and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are people who like to experiment, hands-on and never look at the instructions first!

People commonly have main preferred learning style, but this will be part of a blend of all three. Some people have a very strong preference; other people have a more even mixture of two or less commonly, three styles.

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.

There is no right or wrong learning style. The point is that there are types of learning that are right for your own preferred learning style.