

Learning Styles Inventory

Discovering how you learn best is one of the keys to being a successful college student. Using your strengths will allow you to make the most of your study time.

Sensory Modality Inventory: *There are ten incomplete sentences and three choices for completing each. Some of the choices contain more than one option. If any one of those options seems typical of you, score that answer. All of the options do not have to apply to you. Score the three choices by rating:*

3 = to the answer most typical of you,

2 = to your second choice,

1 = to the one least like you.

1. When I want to learn something new, I usually:

- A. want someone to explain it to me.
- B. want to read about it in a book or magazine.
- C. want to try it out, take notes, or make a model of it.

2. At a party, most of the time I like to:

- A. listen and talk to two or three people at once.
- B. see how everyone looks and watch the people.
- C. dance, play games, or take part in some activities.

3. If I were helping with a musical show, I would most likely:

- A. write the music, sing the songs, or play the accompaniment.
- B. design the costumes, paint the scenery, or work the lighting effects.
- C. make the costumes, build the sets, or take an acting role.

4. When I am angry, my first reaction is to:

- A. tell people off, laugh, joke, or talk it over with someone.
- B. blame myself or someone else, daydream about taking revenge, or keep it inside.
- C. make a fist or tense my muscles, vent on something else, hit or throw things.

5. A happy event I would like to have is:

- A. hearing the thunderous applause for my speech or music.
- B. photographing the prized picture of a sensational newspaper story.
- C. achieving the fame of being first in a physical activity such as dancing, acting, surfing, or a sports event.

6. I prefer a teacher to:

- A. use the lecture method with informative explanations, and discussions.
- B. write on the chalkboard, use visual aids, and assign readings.
- C. require posters, models, or inservice practice, and some activities in class.

7. I know that I talk with:

- A. different tones of voice.
- B. my eyes and facial expressions.
- C. my hands and gestures.

8. If I had to remember an event so that I could record it later, I would choose to:

- A. tell it aloud to someone or hear a tape recording or a song about it.
- B. see pictures of it or read a description.
- C. replay it in some practice rehearsal using movements such as dance, playacting, or drill.

9.

When I cook something new, I like to:

- A. have someone tell me the directions, such as a friend or TV show.
- B. read the recipe and judge by how it looks.
- C. use many pots and dishes, stir often and taste-test.

10.

In my free time, I like to:

- A. listen to the radio, talk on the telephone, or attend a musical event.
- B. go to the movies, watch TV, or read a magazine or book.
- C. get some exercise, go for a walk, play games, or make things.

Add the point totals for A, B, & C, respectively:

- A. Auditory = _____
- B. Visual = _____
- C. Kinesthetic = _____

For difficult or confusing material, answer practice questions in writing.

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