

# Learning Style Inventory\*

**DIRECTIONS:** Select the choice that best describes you *today*. Then check your results on Page 3.

1. If I have to learn how to do something, I learn best when:
  - a. I watch someone show me how.
  - b. I hear someone tell me how.
  - c. I try to do it myself.
  
2. When I read, I often find that:
  - a. I visualize what I am reading in my mind's eye.
  - b. I read aloud or hear those words inside my head.
  - c. I fidget and try to "feel" the content.
  
3. When asked to give directions:
  - a. I see the actual places in my mind as I say them, or I prefer to draw them.
  - b. I have no difficulty in giving them verbally.
  - c. I have to point or move my body as I go through them.
  
4. If I am unsure about how to spell a word:
  - a. I write it in order to see how it looks.
  - b. I spell it aloud in order to hear if it sounds right.
  - c. I write it in order to see if it feels right.
  
5. When I write:
  - a. I am concerned with how neat and well-spaced my letters and words appear.
  - b. I often say the letters and words to myself.
  - c. I push hard on my pen or pencil and can feel the flow of the words.

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6. If I have to remember a list of items, I remember it best if:
  - a. I write them down.
  - b. I say them over and over to myself.
  - c. I use my fingers to name each item.
  
7. I prefer teachers who:
  - a. use a board or overhead projector while they lecture.
  - b. talk with lots of expression.
  - c. provide hands-on activities.
  
8. When trying to concentrate, I have a hard time when:
  - a. there is a lot of clutter or movement in the room.
  - b. there is a lot of noise in the room.
  - c. I have to sit still for any length of time.
  
9. When solving a problem:
  - a. I write or draw diagrams to see it.
  - b. I talk myself through it.
  - c. I use my entire body or move objects to help me think.
  
10. When given written instructions on how to build something:
  - a. I read them silently and try to visualize how the parts will fit together.
  - b. I read them aloud and talk to myself as I put the parts together.
  - c. I try to put the parts together first and read directions if I have a problem.

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11. To keep occupied while waiting:
- I look around, stare, or read.
  - I talk or listen to others.
  - I walk around, manipulate things with my hands, or move/bounce my feet as I sit.
12. If I had to verbally describe something to another person:
- I would be brief because I don't like to talk for a long time.
  - I would go into great detail.
  - I would gesture and move around while talking.
13. If someone was verbally describing something to another person:
- I would try to visualize what I'm hearing.
  - I would enjoy listening, but would want to interrupt with my thoughts.
  - I would become bored if the description is too long or detailed.
14. When trying to remember people:
- I remember faces but forget names.
  - I remember names but forget faces.
  - I remember the situation where I met the person rather than the person's name or face.

\*Adapted from the Georgia Department of Education

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**SCORING INSTRUCTIONS:** Add up the number of responses for each letter and enter the totals below.

Number of A's \_\_\_\_\_ = My Visual Learner Side

Number of B's \_\_\_\_\_ = My Auditory Learner Side

Number of C's \_\_\_\_\_ = My Kinesthetic Learner Side

The letter with the highest number of responses is your go-to mode of learning. If your numbers are all close, you function well in all areas.

Summarize your data:

|                                   |  |
|-----------------------------------|--|
| My go-to Learning Style is:       |  |
| My secondary Learning Style is:   |  |
| I learn really well when I:       |  |
| I'm going to start strengthening: |  |

For more awesome ideas for building a stronger Mother/Daughter Relationship, visit <https://DeborahAnnDavis.com/blog/>