

Name: \_\_\_\_\_

SID: \_\_\_\_\_

# Learning Styles and Study Skills Worksheet

From *Learning to Study Through Critical Thinking*

By Jonelle A. Beatrice

\*\* Due at the end of the second lecture on **Tuesday, October 14<sup>th</sup>\*\***

## A. Circle the letter of the phrase that is true for you most of the time.

1. If I have to learn something, I learn best when I:  
(K) Try to do it myself  
(V) Watch someone show me how  
(A) Hear someone tell me how
2. When I read, I often find that I:  
(A) Read out loud or hear the words inside my head  
(V) Visualize what I am reading in my mind's eye  
(K) Fidget and try to "feel" the content
3. When asked to give directions, I:  
(V) See the actual places in my mind as I say them or prefer to draw them  
(A) Have no difficulty in giving them verbally  
(K) Have to point or move my body as I give them
4. If I am unsure how to spell a word, I:  
(K) Write it in order to determine if it feels right  
(V) Write it in order to determine if it looks right  
(A) Spell it out loud in order to determine if it sounds right
5. When I write, I:  
(A) Often say the letters and words to myself  
(V) Am concerned how neat and well-spaced my letters and words appear  
(K) Push hard on my pen or pencil and feel the flow of the words or letters as I form them
6. If I had to remember a list of items, I would remember it best if I:  
(V) Wrote them down  
(A) Said them over and over to myself  
(K) Moved around and used my fingers to name each item
7. I prefer teachers who:  
(K) Use hands-on activities.  
(V) Use the board or overhead projector while they lecture  
(A) Talk with a lot of expression

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8. When trying to concentrate, I have a difficult time when:  
(A) There is a lot of noise in the room  
(V) There is a lot of clutter or movement in the room  
(K) I have to sit still for any length of time
9. When solving a problem, I:  
(V) Write or draw diagrams to see it  
(A) Talk myself through it  
(K) Use my entire body or move object to help me think
10. When given written instructions on how to build something, I:  
(K) Try to put the parts together first and read later  
(V) Read them silently and try to visualize how the parts will fit together  
(A) Read them out loud and talk to myself as I put the parts together
11. To keep occupied while waiting, I:  
(A) Talk or listen to others  
(V) Look around, stare, or read...  
(K) Walk around, manipulate things with my hands, or move/shake my feet as I sit
12. If I had to verbally describe something to another person, I would:  
(V) Be brief because I do not like to talk at length  
(A) Go into great detail because I like to talk  
(K) Gesture and move around while talking
13. If someone were verbally describing something to me, I would:  
(K) Become bored if her description got too long and detailed  
(V) Try to visualize what she was saying  
(A) Enjoy listening but want to interrupt and talk myself
14. When trying to recall names, I remember:  
(V) Faces but forget names  
(A) Names, but forget faces  
(K) The situation that I met the person other than the person's name or face

**B. Scoring Instructions:** Add the number of responses for each letter and enter the total below. The area with the highest number of responses is probably your primary mode of learning. Remember, most people learn through a mixture of all three styles.

**Visual (V)** = \_\_\_\_\_      **Auditory (A)** = \_\_\_\_\_      **Kinesthetic (K)** = \_\_\_\_\_

**C. Read through the recommended strategies** for using your preferred learning style on the accompanying pages. Highlight 2 or 3 strategies you will use in class, or when completing your assignments. Practice them for the next several weeks. **Type out** those strategies on a separate piece of paper and attach to this sheet when you turn in your assignment.

# Strategies for Using Your Learning Style Strength

## VISUAL LEARNER

The Visual learner listens best by seeing, visualizing, drawing, diagramming, etc. In other words, you “know something by seeing it.”

**REMEMBER:** Good study habits are important for everyone, regardless of their preference.

- These include:
- highlighting and study cards for textbook information,
  - good lecture notes with a ‘recall’ column,
  - frequent review,
  - keeping up with assignments, etc.

## “SEE IT to LEARN IT”

- TEXT:
- As you read, highlight the important points – using different colors.
  - Make study cards – using lots of color, symbols, and pictures for memory.
  - Get a mental image as you read – see the information, picture the page.

- LECTURES:
- Sit up front to see the lecturer’s expressions
  - As you listen, VISUALIZE what is being said.
  - Take notes – use the ‘recall’ column for review, add colors, symbols,
- etc.
- Read – Review – Visualize your notes frequently.
  - If you have a learning disability, tape lectures to fill in the gaps later – add color symbols and pictures.

- STUDYING:
- READ it – WRITE it – **PICTURE** it.
  - Draw diagrams, illustrations, make charts.
  - Learn and use Cognitive or Mind mapping techniques.
  - View videotapes and slides when possible.
  - VISUALIZE
  - Write the procedures, steps, rules on cards and have them in front of you as you use them.

- GENERAL:
- Take classes that rely on TEXT for information.

# Strategies for Using Your Learning Style Strength

## AUDITORY LEARNER

The Auditory learner learns best by listening, talking to others and self. In other words, they “know something by hearing it”.

**REMEMBER:** Good study habits are important for everyone, regardless of their preference.

- These include:
- highlighting and study cards for textbook information,
  - good lecture notes with a ‘recall’ column,
  - frequent review,
  - keeping up with assignments, etc.

## “HEAR IT to LEARN IT”

- TEXTS:
- Read important information out loud.
  - Explain things to yourself as you are reading.
  - Make study cards and recite them to yourself frequently.
  - When you finish a chapter, TAPE a summary and listen to it.
  - Get books on tape if necessary.
- LECTURES:
- TAPE THEM! Use the ‘pause’ button to edit out irrelevant information. Listen to your tapes soon after the lecture.
  - Take notes in class. Use the ‘recall’ column to orally recite the information and quiz yourself.
- STUDYING:
- READ it – WRITE it – **SAY** it.
  - Describe diagrams, illustrations and charts out loud – or discuss it with someone else.
  - Join a study group.
- GENERAL:
- Take classes that rely on LECTURES for information
  - Tape your classes

# Strategies for Using Your Learning Style Strength

## KINESTHETIC LEARNER

The kinesthetic learner learns best by doing, through movement and physical activity, and by using a “hands-on” approach.

**REMEMBER:** Good study habits are important for everyone, regardless of their preference.

- These include:
- highlighting and study cards for textbook information
  - good lecture notes with a ‘recall’ column
  - frequent review
  - keeping up with assignments, etc.

### “FEEL IT and DO IT to LEARN IT”

- TEXTS:
- Move your fingers across lines of text, or use a card as a marker to underline the text.
  - Point to headings, “trace” over pictures, graphs with your finger.
  - MOVE as you review or summarize information – get up and walk around or ‘act it out’
  - WRITE to learn it: take notes, make cards, use symbols, etc.
  - Use hands to gesture as you review cards or notes.

- LECTURES:
- Be physically comfortable.
  - Take notes; write to keep yourself involved.
  - Put yourself in the scene that you are studying.
  - Visualize the feel, texture, environment, smell of what is being presented.
  - Use different pens for different information – add color, symbols, pictures.

- STUDYING:
- READ it – WRITE it – **MOVE** it.
  - Use lots of movement – talk with your hands, change position and location.
  - Join study groups.
  - Establish physical rituals for studying such as a location, supplies, etc.
  - Picture where you were when you learned something.

- GENERAL:
- Use technology when possible.