

Preferred Learning Styles Questionnaire

Q1. Before you spell a word, do you ...

V see the word in your mind first

A sound the word out in your head or out loud first

K just write the word down and make sure it feels right

Q2 When you remember specific incidents, do you ...

V see well-focussed, colour pictures

A Hear sounds or remember voices more clearly than you see pictures

K see a few pictures with movement in them or recall how you felt

Q3 When you are studying or concentrating on something, what helps you?

V Pictures and diagrams

A Talking it through with yourself or someone else

K Getting up and moving about

Q4 When you are reading fiction, do you ...

V Create colour images of the characters in your mind

A Hear the characters' voices

K See the action happening in your mind

Q5 What do you prefer to do in your spare time?

V Watch TV or go to the cinema

A Listen to music or chat with friends

K Play sport or computer games

Q6 When you are learning something new, is it easier to understand when the ideas are presented as ...

V Pictures, diagrams, demonstrations, videos

A Discussions, lectures, verbal explanations

K Practical experiments (making and doing), physical games, field trips

Now add up your scores:

Total no. of V's _____

Total no. of A's _____

Total no. of K's _____

The letter which scores the most indicates your preferred learning style.

Remember this might be your preference, so start with that one, but review with the other two as well to really imbed the learning as well as developing you sensory learning memory.