Preferred Learning Styles – How you to prefer to learn

This questionnaire is designed to help you find out more about how you prefer to learn.

Tick your most likely response to each given situation.

What do you notice about people?
V How they look or dress?
A How they sound when they talk?
K How they stand or move?

What kind of humour do you prefer?
V Cartoons/comics?
A Stand-up comedians?
K Slapstick?

How do you learn most easily?
V By reading and observing?
A By being told what to do?
K By getting stuck in and doing it for yourself?

At a party, do you tend to spend most of your time:
V Watching what is happening?
A Talking and listening to others?
K Circulating around or dancing?

If you had to wait for a bus, would you probably:
V Watch, admire the scenery, or read?
A Talk to or phone people?
K Walk around and fidget?

When you are learning, do you prefer:
V Work that is written and drawn in colour?
A To listen to a talk or to be told what to do?
K To be active: making and doing?

What would make you think someone was lying?
V They way they look, or avoid looking at you?
A Their tone of voice?
K A feeling you get about their sincerity?

You solve problems easily by:
V Writing or drawing out possible solutions?
A Talking through possible solutions?
K Getting stuck in and working it out as you go?

When you have many things to do, do you:
V Make lists for yourself?
A Keep reminding yourself that you have things to do?
K Feel restless until all or most of the things are done?

When you are angry, do you:
V Silently seethe inside?
A Shout and scream?
K Clench your fists, grit your teeth, stomp about and go away angry?

Now add up the total number of Vs, As and Ks you scored

Your presenter will now explain what it all means!

Total Vs	**Total As**	**Total Ks**
Visual	**Auditory** (speaking & listening)	**Kinaesthetic**