

Learning Styles Quiz

Take some time to fill out this short test to determine what kind of learner you are. Select the choice next to each question that is the best fit.

1. When I'm learning something new, I prefer to:

- (V) Watch someone else to see how they do it.
- (A) Have someone explain it to me.
- (H) Try it out myself to get a feel for it.

2. When I'm trying to remember how to spell a word, I prefer to:

- (V) Write it in order to determine if it looks right.
- (A) Spell it out loud in order to determine if it sounds right.
- (H) Write it in order to determine if it *feels* right.

3. When I need to remember a list of items while I'm shopping at the grocery store, I:

- (V) Write down the list and bring it with me.
- (A) Repeat the items I need over and over in my mind.
- (H) I recall the items by physically moving through the store.

4. When I was in school, I preferred when my teacher would:

- (V) Write on the board or use visuals while they taught.
- (A) Explain concepts and ideas out loud instead of making us read them.
- (H) Let us learn through trying hands-on activities.

5. I have trouble focusing when:

- (V) The room I'm in is very messy or busy.
- (A) The television is on or other noise is distracting me.
- (H) I need to sit still for long periods of time.

6. When I need to assemble a new piece of furniture, I:

- (V) Read the instructions in my head and try to picture how the steps work together before jumping in.
- (A) Read the instructions out loud and talk to myself as I work.
- (H) Try to assemble the furniture first and only look at the instructions if I get stuck.

7. When I meet someone new, I tend to:

- (V) Remember what they look like but forget their name.
- (A) Remember their name but have trouble remembering their face.
- (H) Remember where I met the person, but not their name or face.

Scoring Instructions:

Add the number of responses for each letter. The letter with the highest responses represents your primary learning method: V = Visual, A = Auditory, H = Hands-On.

Results:

- If you received more Vs: You are a Visual Learner. Visual Learners absorb information by visual representations such as diagrams, pictures, reading, or videos.
- If you received more As: You are an Auditory Learner. Auditory Learners absorb information by listening to words, lectures, and other types of speech.
- If you received more Hs: You are a Hands-On Learner. Hands-On Learners absorb information by doing, touching, or creating.