Focus On Learning Styles: Visual, Auditory & Kinesthetic

1. Know how you learn.
2. Combine HOW and WHY with WHAT you learn.
3. Be aware of the time and environment where you learn best.
4. Apply various learning activities to meet your needs.
5. Utilize all your senses in learning anything.
6. Apply how you learn to all new situations.
7. Be flexible in your thinking and learning.
8. Intentionally decide which modality to use.
9. Analyze your teacher’s teaching style and use appropriate learning strategies.
10. Creatively adapt materials to best fit your learning strengths.

You are what you are! Each individual naturally functions and learns in a particular manner. Although your brain usually functions as a “whole”, it actually is divided into two hemispheres. Both hemispheres act and react, think and process, and solve problems in very specific ways. Each is quite different from the other, and one is usually dominant. The best “brain power” is a result of both hemispheres integrating with almost equal balance.

You learn primarily through three basic modalities which use your senses: visual (seeing), auditory (hearing), and kinesthetic (feeling, doing). Just like left or right hemisphere brain dominance, one modality is usually predominant.

In order to learn “how to learn”, it is very important to learn how you presently take in and process information. Knowing the strengths and weaknesses of your individual learning style will allow you to make adjustments so that you may reach your fullest potential in whatever you wish to do or learn. Assessing your learning style is the first step toward achieving maximum use of your “brain power”.

Read the following left and right brain characteristics and **circle the most appropriate answers**. The scoring table at the end of the list will help you determine your “dominance.” You may find that you are fairly balanced between two hemispheres.

1. I have no trouble making decisions about the correct thing to do.

2. I see problems or pictures as a whole rather than in parts or details.

3. I follow written directions best and prefer to write and talk.

4. I often think of many things at once rather than thinking through one idea at a time.

5. I’m usually aware of the time.

6. When I’m introduced to someone for the first time, I pay particular attention to the person’s face.

7. I attack most problem-solving activities analytically and logically.

8. When comparing things, I usually look for ways they are alike rather than ways that they are different.

9. I’d rather take a true/false, multiple-choice or matching test than a short answer or essay test.

10. Most often, I use my imagination and I think in an abstract manner.

11. If I have a problem, I break it down into smaller, more manageable parts in order to arrive at a solution.

12. I seem to learn best if I can observe a demonstration or read the directions.

13. Generally, I like to be in control of a situation and I do **not** like to take too many risks.

14. I like assignments that are open-ended rather than more structured assignments.

15. I learn best by seeing and hearing.

16. I learn best by touching or doing.

17. I usually think to concrete patterns and solve problems with a  step-by-step approach.

18. If I try to remember information, I generally picture it in my mind.

19. Although I sometimes get upset, I am a rational person.

20. I don’t mind trying anything once; I take risks when it is necessary.

21. Sometimes I talk to myself in order to think or learn something.

22. I can let my feelings “go.” I am considered to be somewhat emotional.

23. I solve problems on an intellectual basis rather than an intuitive one.

24. People have told me that I’m creative.

25. I prefer to think of one thing at a time.

26. I like to act in a spontaneous manner.

27. I prefer to plan things and know what’s going to happen ahead of time.

28. I can easily remember melodies and tunes.

29. I am usually in control of my feelings.

30. I do well in geometry and geography.

31. I usually can recall information I need quickly and easily.

32. I enjoy reading and writing poetry; it comes to me easily.

33. I can really concentrate when I want to.

34. When I work in a group, I can “feel” the moods of others.

35. I understand mathematical concepts.

36. When solving problems or taking tests, I rely on one idea leading to another in order to come to a conclusion.

37. I can learn new vocabulary words easily.

38. When I plan a party, I “hang loose” rather than plan all of the details.

39. I usually can learn easily from any teacher.

40. In class I’m generally aware of what everyone is doing.

41. I notice and remember details.

42. I can easily see the whole picture when only a few puzzle pieces are in a place.

43. I don’t mind practicing something repeatedly in order to master it.

44. I communicate best with someone “in person” rather than on the phone.

45. I can remember Jokes and punch lines.

46. I have trouble concentrating when I know I should.

47. I can write directions in a clear and logical manner.

48. I sometimes rely on my intuition when making decisions.

49. I sometimes can remember things according to where I “saw” them on the page.

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| Scoring Table |
| \_\_\_\_\_ even numbers circled  =   RIGHT BRAIN ABILITY  \_\_\_\_\_ odd numbers circled  =    LEFT BRAIN ABILITY |

* Remember, this inventory is only an informal indication of which hemisphere is probably dominant for you. Both sides work together and cannot be totally separated.

Left Brain Right Brain

Sequential Holistic

Intellectual Intuitive

Stuctured/Planned Spontaneous

Controls Feelings Lets Feelings Go

Analytical Creative/Responsive

Logical Abstract

Remembers Names Remembers Faces

Rational Emotional

Breaks down Problems Solves Problems as a Whole

Time Oriented Spatially Oriented

Auditory/Visual Learner Kinesthetic Learner

Prefers to write and talk Prefers to draw and handle

Follow spoken directions Follows written/demonstrated directions

“Talks” to think and learn “Pictures” things to think and learn

Prefers T/F & MC Tests Prefers open ended tests

Takes few risks (needs control) Takes more risks (less control)

Looks for differences Looks for similarities

Thinks mathematically & concretely Thinks abstractly (often musical)

Thinks of one thing at a time Thinks simultaneously