

# Learning Styles Profile<sup>1</sup>

**Directions:** Read each statement. Place a number in the box at the end of each statement:

**1 = never like me**

**2 = sometimes like me**

**3 = frequently like me**

**4 = almost always like me**

**5 = always like me**

- |   |  |  |
|---|--|--|
| 1. In lecture classes, I find it helpful when information is written on the board.                            |  |  |
| 2. I prefer interactive websites that involve a fair amount of clicking and mouse action.                     |  |  |
| 3. I find graphs and diagrams useful in clarifying concepts.  |  |  |
| 4. I would rather listen to a voicemail message than read a text message.                                     |  |  |
| 5. As a child, I liked to do physical activities during my free time.   |  |  |
| 6. Reading my textbooks out loud helps me understand and remember information.                                |  |  |
| 7. I find it helpful to read captioned text while watching a video.   |  |  |
| 8. When learning a new skill, I would rather watch a video on it than listen to someone tell me how to do it. |  |  |
| 9. I benefit more from lab classes than lecture classes.  |  |  |
| 10. I would rather listen to a book on an MP3 player than read it.  |  |  |
| 11. I like solving crossword or word search puzzles.  |  |  |
| 12. I find it helpful to actively highlight or underline in my text.  |  |  |
| 13. I would rather have written instructions than spoken instructions.  |  |  |
| 14. When doing something that involves several steps, I benefit from talking myself through the steps.        |  |  |
| 15. I tend to move or manipulate something in my hand during lecture.   |  |  |
| 16. I would rather use a map than hear verbal directions.   |  |  |
| 17. As a child, I liked to listen to stories told to me, or stories on CD.                                    |  |  |
| 18. I like solving mazes or jigsaw puzzles.   |  |  |
| 19. When trying to remember a number, I can "see" the number sequence in my head.                             |  |  |
| 20. I learn better by doing than by watching.   |  |  |
| 21. I would rather read material in a book than listen to a lecture.  |  |  |
| 22. I benefit from recording a lecture and listening to it later.   |  |  |
| 23. As a child, I liked to read books during my free time.  |  |  |
| 24. When searching websites for information, I prefer some diagrams rather than a screen full of text.        |  |  |
| 25. I would rather talk with an instructor on the phone than communicate via email.                           |  |  |
| 26. I can remember information more easily as a graph or chart.   |  |  |
| 27. I learn best when physical activity is involved.  |  |  |
| 28. When taking a test, I can "picture" where the answer appeared in my notes.                                |  |  |

Total down each column

A	B	C	D

<sup>1</sup> Myra Lerch (Butte College). Several items have been drawn/modified from two sources: Jeffrey Barsch, Learning Style Inventory & Catherine Jester, Learning Styles Survey, [dvc.edu](http://dvc.edu). Permission from both has been granted.

## Your Learning Styles Profile

- ✓ Enter your results on the table; place an “X” next to the total for each learning style.
- ✓ The four columns on the survey represent the following learning styles:
  - A = Visual Graphic
  - B = Visual Text
  - C = Auditory
  - D = Kinesthetic
- ✓ Circle your two strongest learning styles at the top of the column.
  - To optimize learning, try to combine your strongest learning styles

Score	Visual Graphic	Visual Text	Auditory	Kinesthetic
35				
34				
33				
32				
31				
30				
29				
28				
27				
26				
25				
24				
23				
22				
21				
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7				
6				
5				
4				
3				
2				
1				