

Staffordshire Youth Offending Service

What are your learning styles?



naturalist
verbal
linguistic

interpersonal
logic/maths
intrapersonal



body/kinetic
visualspatial

Learning styles refer to the ways you prefer to approach new information. Each of us learns and processes information in our own special ways, though we share some learning patterns, preferences, and approaches. Knowing your own style also can help you to realise that other people may approach the same situation in a different way from your own

VISUAL –

“Cartooning / Stickers”

AUDITORY –

“Listening to Questions”

KINAESTHETIC –

“Hands On / Card Sort”

Take a few minutes to complete the following questionnaire to assess your preferred learning style.

Tick the one that best characterises you, answering as honestly as possible with the description that applies to you right now.

The questions you prefer will offer an insight about how you learn.

Now that you know which learning style you rely on, you can boost your learning potential when working to learn more. For instance, the following suggestions can help you get more from reading a book.

If your primary learning style is **visual**, draw pictures in the margins, look at the graphics, and read the text that explains the graphics.



Imagine the topic or play a movie in your thoughts of how you'll act out the subject matter.

If your primary learning style is **auditory**, listen to the words you read.

Try to develop an internal conversation between you and the text.



Don't be embarrassed to read aloud or talk through the information.

If your primary learning style is **tactile/kinaesthetic**, use a pencil or highlighter pen to mark passages that are meaningful to you. Take notes, transferring the information you learn to the margins of the book, into your journal, or onto a computer. Doodle whatever comes to mind as you read.



Hold the book in your hands instead of placing it on a table. Walk around as you read. Feel the words and ideas. Get busy — both mentally and physically.

Young persons name

Assessors name

Date of assessment

A

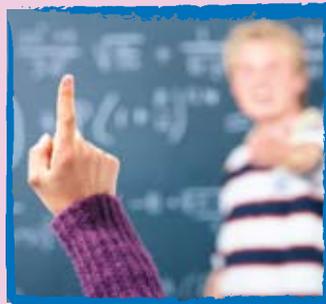
I prefer lessons where we can discuss things

B

I prefer lessons where there is something to look at (like a chart, picture, diagram or video) or something to draw

C

I prefer lessons where we can do practical - or at least move around



A

I often sing or hum to myself in class

B

I often doodle in class

C

I often fiddle with things in class (a pen, paper clip or rubber band)



A

When learning a new skill, I prefer someone to explain to me how to do it

B

When learning a new skill, I prefer to watch someone else show me how to do it

C

When learning a new skill, I prefer to just get on with it



A

When the adverts come on the telly - I like to sing along with them

B

When the adverts come on the telly - I like to watch them

C

When the adverts come on the telly - I get up and do something



A

I would prefer to listen to a story

B

I would prefer to see a comic strip of a story

C

I would prefer to act out a story



A

I have a good memory for people's names

B

I have a good memory for faces

C

I am good at learning physical skills



A

If I get in trouble in class, it's for talking

B

If I get in trouble in class, it's for drawing on my desk or all over my books

C

If I get in trouble in class it's for fidgeting



A

I would rather listen to my favourite music

B

I would rather watch my favourite TV programme

C

I would rather go out to meet my mates and just hang out



A

I get distracted in class if I can hear something happening outside

B

I get distracted in class if I can see something outside

C

I lose concentration if I have to sit still for a long time



A

I am a good listener

B

I am good at drawing

C

I am good at making things



A

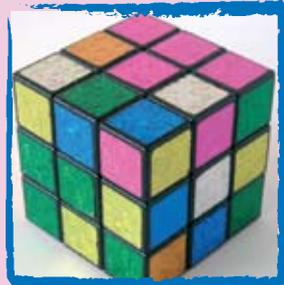
The type of puzzle I would prefer is 'Name that tune'

B

The type of puzzle I would prefer is 'Spot the difference'

C

The type of puzzle I would prefer is Rubik's cube'



A
 In my spare time I would prefer to listen to music or chat with friends

B
 In my spare time I would prefer to watch TV or a video

C
 In my spare time I would prefer to do something physical, such as dancing



A
 If I needed to build a Lego model, I would get someone to explain how or to read the instructions to me

B
 If I needed to build a Lego model, I would follow the diagram or the picture on the packet

C
 If I needed to build a Lego model, I would try to work out which bits fit together



Count up how many boxes you have ticked in
Each column and record the total below

A

B

C

A Auditory Learning Style

B Visual Learning Style

C Tactile/Kinaesthetic Learning Style

If you would like this document in another language or format, e.g. large text, please contact us on Business Manager, Staffordshire Young People's Service on 01785 223121.



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