

## **Learning Styles Quiz**

Here's an easy Learning Styles/Learning Personality quiz for you and your children to take. (Each person should do his or her own quiz).

First, let's identify your primary learning "modality." Circle the one answer that MOST describes you.

**1. Are you good with your hands?**

- c) yes                      d) no

**2. Do you enjoy listening to audio books (books-on-tape)?**

- a) yes                      d) no

**3. How do you learn best?**

- a) I learn best by listening  
b) I learn best by reading  
c) I learn best by touching or building things

**4. I am very aware of, and sensitive to, the sounds around me.**

- a) yes                      d) no

**5. I am very aware of, and sensitive to, the visual details around me. I notice what people around me are wearing. I notice little details.**

- b) yes                      d) no

**6. I like to move around. Sometimes I think best if I can pace or tap my pencil or wiggle my legs.**

- c) yes                      d) no

**7. I love to read. The more books the better.**

- b) yes                      d) no

**8. When I really want someone to understand me...**

- a) I talk to them about it  
b) I write my idea down on paper

**9. I do NOT do well in a classroom setting.**

- c) True. Classrooms don't work that well for me.  
d) False. I can sit still just fine.

**10. I am a natural athlete.**

- c) yes                      d) not really

**11. When I was younger, people thought I was “hyperactive.”**

c) yes                      d) no

**12. When I get something new, I almost always read the directions.**

b) yes                      d) no

**13. I tend to hum and/or sing to myself.**

a) yes                      d) no

**14. I love to write (letters, journals, etc).**

b) yes                      d) no

**15. I can talk on the phone for a very long time.**

a) yes                      d) no

**Score your answers.**

Let’s see if there is a learning modality that you are particularly strong or weak in. Count the number of a) answers that you had. Then count the number of b) and c) answers.

Record these below.

a = Auditory	_____	(number of “a” answers)
b = Visual	_____	(number of “b” answers)
c = Kinesthetic	_____	(number of “c” answers)
d = “no” answers		(no need to count these)

\_\_\_\_\_ Write your style here: A, B or C.

Based on this quiz, what is your primary learning style (modality)?

\_\_\_\_\_

### **Analyzing the Results**

Most likely, you instinctively already know what learning modality you are and what modality your child is. Audio and visual learners usually do well in school. Sometimes kinesthetic learners do not do as well. Most people are a combination of all three modalities. The purpose of this quiz is to help you identify if there is one particular modality in which you are really strong so that you can use that strength.

**You can use this self-knowledge to help you communicate with others. For example, you might say to others:**

*“I find that I remember best if I can write things down. Do you mind if I take notes while we talk?”*

*Or,*

*“I seem to think best if I can talk out my ideas. Can I brainstorm my ideas with you for a minute?”*

*Or,*

*“I’m a hands-on learner. I need to be able to move around and use my hands as much as possible.”*

**People also have a tendency to teach to their own learning modality. This is why you want to know your own learning modality as well as the modality for each of your children. This way, you can adjust your approach. For example:**

- If your child is a strong kinesthetic learner, give him plenty of opportunities to build things, move around, and use his hands.
- If your child is strongly visual, then you want to keep the learning lectures to a minimum and instead give her lots of written materials.
- If your child is strongly auditory, then give him lots of opportunities to listen to books and to tell you what he has learned.
- Bear in mind, that most young children are kinesthetic learners and need as many hands-on projects and kits as you can give them.

### ♥ Step 3 – Have your child answer these questions

If your children feel they need some help figuring out their learning styles, here are some questions that might help guide them. Ask these questions, and have them fill out their answers in their Custom Home Learning Plan.

#### Personality Types

- What do you feel you are good at?
- What do you enjoy doing the most?
- Say, “I see you... \_\_\_\_\_ (for example, “...writing a lot.” Or “reading a lot”) “Do you think this might be one of your special gifts?”

#### Talents and Interests

Write down your children’s special talents—the top 5 things your kids say they are best at. Remind them why this list is important: They will be able to be their best when they are using their natural talents to their fullest. You can always tell them what you notice they are great at. You can also ask them:

- What do you think you’re naturally good at?
- What do you really enjoy doing?
- What are your favorite subjects?
- Has anyone ever ask, “Wow, how do you do that?” What was that talent?
- What are your particular talents and interests?
- What do you have a gift for?
- What do people compliment you on?

#### Best Learning Environment

As they’re filling out their Custom Home Learning Plan, ask questions like:

- Where do you do your best work? At the kitchen table? In your room? On your bed with the door closed?
- Do you work better alone or with others?
- Do you like quiet? Or do you listen to background music?
- Do you concentrate better alone in your room? Or with the family, sitting around the table?
- Do you concentrate better sitting still or moving around?