

Who Am I?

Source: www.n4hccs.org/workforcereadiness
<http://www.learning-styles-online.com>

Most teaching in schools is designed for the visual learner. This works fine for individuals who learn and process information best in a visual fashion. Students who are auditory or kinesthetic learners may struggle to learn some of the material or concepts and never understand why. Youth who can identify their preferred learning styles will be able to adapt their learning environment to match their particular learning style.

People are not alike. Each person sees the world in a way that makes the most sense to them personally. This is called your perception and it determines what you think, how you make decisions, and how you define what's important in life. Your perception determines your natural learning style.

If you rely more on the ***visual approach*** to learning styles to help you learn, you may want to make sure you have pictures or drawings associated with the problems you are solving. You may also want to take time to visualize possible solutions in your head while you are working on a problem.

If you rely more on the ***auditory approach*** to learning, you may want to seek out a friend with a similar approach to discuss the problem or talk your way through the problem. You may also want to be sure you are present when someone is speaking about the problem so you can hear all of the details.

If you rely more on the ***kinesthetic approach*** you may want to make sure you have access to manipulatives, like blocks, paper, coins, pencils, scissors, or straws to help you interact or construct a model of the problem.

Understanding that people learn and process information differently helps you realize that when others react to a learning or problem solving situation in ways that makes no sense to you, they aren't stupid. It could be because they have a different information processing style. This understanding can help you more effectively work together.

When your preferred approach to learning something or solving a problem does not work, you'll want to open your mind to other possibilities.

Take the ***test*** on the following page to determine your preferred learning style.

What is Your Preferred Learning Style?

Reproducible

Read the situation in the left hand column and circle the response in the row to the right **that is most like you**. Sometimes two or even all three responses are possibilities for you, but select **one** that is **"most like you"** or that you would be **"most comfortable."**

Situational Responses

Situation	Potential Responses to the Situation		
Spelling a difficult or tricky word	Does it look correct? I usually picture the word in my mind or sometimes write the word and see if it looks right.	Does it sound correct? I use a phonetic approach to sound out the word.	Does it feel correct? I write the word down, sometimes with my finger in the air or on a desk.
Getting directions to go somewhere	I visualize the turn by turn directions, including landmarks and surroundings, frequently in great detail.	I remember directions best by listening closely and repeating the directions to myself.	I like to draw a map of where I will be going or even set items on a table representing various landmarks.
Solving a puzzle or word problem	I look at the situation and visualize possible solutions.	I like to listen to someone describe the problem in detail and talk about potential solutions.	I like to jump right in and manipulate the puzzle pieces or components of the problem trying various solutions.
Patterns of speech	That looks good. I see what you mean. Do you see my point? I can visualize what you are saying.	I hear you. That sounds good to me. Do you hear what I'm saying? How does this sound?	I have a good impression about this. It feels right to me. I can warm to an idea like that. Does that feel OK to you?
Remembering someone you met	I usually remember faces and can visualize where I met them but frequently forget names.	I usually recall names but frequently cannot remember faces.	I typically remember the circumstances, events, and feelings associated with meeting someone but not names or faces.
Identifying someone's mood	I look primarily at their clothing, grooming and facial expressions.	I listen to their tone of voice, choice of words, speed of talking and voice pitch.	I watch for body language and gestures.
For pleasure	I like to read.	I like to listen to music or books on tape.	I like to play sports or be physically doing something.
To remember someone's phone number	I write in down and look at it or visualize it on the key pad.	I repeat it several times out loud.	I write the number down and doodle or draw around it.
In learning something new	I prefer pictures, illustrations and time to think about it.	I like information on tapes, listening to stories and time to talk with others about it.	I would rather work with other people in a hands-on experience and go on field trips.
In learning to operate a stereo or DVD	I like to read the instructions and study pictures and diagrams.	I would rather listen to instructions from someone.	I usually jump right in and learn by trial and error.
Problem solving	I like to plan things out in advance, organize my thoughts by writing them and making lists and thinking about it.	I prefer to talk things through, try the solutions out verbally and talk myself through a problem.	I like to attack the problem and just try different ideas or solutions to see how they will work.
When I try to concentrate	I am easily distracted by disorder around me or movement.	I am easily distracted by sound or noise.	I am easily distracted by people and activity around me.
Assembling something	I usually look at the directions and study the pictures.	I like having someone tell me how to put it together.	I ignore the instructions and just figure it out as I go.
Response to change	I look around, examine the situation and think things through.	I like to talk about the situation with myself or someone else and discuss to pros and cons.	I simply try new approaches or behaviors and to find out what works in the new situation.
Total Score Record the number of circled responses in each column.	<hr/> Visual	<hr/> Auditory	<hr/> Kinesthetic/Tactile