

**Activities/  
Resources  
for  
Outcome #3**

## Which Type of Learner Are You?

<b>LEFT (Analytic)</b>	<b>RIGHT (Global)</b>
<b>Successive Hemispheric Style</b>	<b>Simultaneous Hemispheric Style</b>
<b>1. Verbal</b>	<b>1. Visual</b>
<b>2. Responds to word meaning</b>	<b>2. Responds to tone of voice</b>
<b>3. Sequential</b>	<b>3. Random</b>
<b>4. Processes information linearly</b>	<b>4. Processes information in varied order</b>
<b>5. Responds to logic</b>	<b>5. Responds to emotion</b>
<b>6. Plans ahead</b>	<b>6. Impulsive</b>
<b>7. Recalls people's names</b>	<b>7. Recalls people's faces</b>
<b>8. Speaks with few gestures</b>	<b>8. Gestures when speaking</b>
<b>9. Punctual</b>	<b>9. Less punctual</b>
<b>10. Prefers formal study design</b>	<b>10. Prefers sound/music background while studying</b>
<b>11. Prefers bright lights while studying</b>	<b>11. Prefers frequent mobility while studying</b>

## What's Your Learning Style?

For these questions, choose the first answer that comes to mind and check a,b, or c. Don't spend too much time thinking about any one question.

### Question 1

When you study for a test, would you rather

- a) read notes, read headings in a book, and look at diagrams and illustrations.
- b) have someone ask you questions, or repeat facts silently to yourself.
- c) write things out on index cards and make models or diagrams.

### Question 2

Which of these do you do when you listen to music?

- a) daydream (see things that go with the music)
- b) hum along
- c) move with the music, tap your foot, etc.

### Question 3

When you work at solving a problem do you

- a) make a list, organize the steps, and check them off as they are done
- b) make a few phone calls and talk to friends or experts
- c) make a model of the problem or walk through all the steps in your mind

### Question 4

When you read for fun, do you prefer

- a) a travel book with a lot of pictures in it
- b) a mystery book with a lot of conversation in it
- c) a book where you answer questions and solve problems

### Question 5

To learn how a computer works, would you rather

- a) watch a movie about it
- b) listen to someone explain it
- c) take the computer apart and try to figure it out for yourself

### Question 6

You have just entered a science museum, what will you do first?

- a) look around and find a map showing the locations of the various exhibits
- b) talk to a museum guide and ask about exhibits
- c) go into the first exhibit that looks interesting, and read directions later

### Question 7

What kind of restaurant would you rather not go to?

- a) one with the lights too bright
- b) one with the music too loud
- c) one with uncomfortable chairs

### Question 8

Would you rather go to

- a) an art class
- b) a music class
- c) an exercise class

### Question 9

Which are you most likely to do when you are happy?

- a) grin
- b) shout with joy
- c) jump for joy

### Question 10

If you were at a party, what would you be most likely to remember the next day?

- a) the faces of the people there, but not the names
- b) the names but not the faces
- c) the things you did and said while you were there

### Question 11

When you see the word "d - o - g", what do you do first?

- a) think of a picture of a particular dog
- b) say the word "dog" to yourself silently
- c) sense the feeling of being with a dog (petting it, running with it, etc.)

### Question 12

When you tell a story, would you rather

- a) write it
- b) tell it out loud
- c) act it out

### Question 13

What is most distracting for you when you are trying to concentrate?

- a) visual distractions
- b) noises
- c) other sensations like hunger, tight shoes, or worry

### Question 14

What are you most likely to do when you are angry?

- a) scowl
- b) shout or "blow up"
- c) stomp off and slam doors

### Question 15

When you aren't sure how to spell a word, which of these are you most likely to do?

- a) write it out to see if it looks right
- b) sound it out
- c) write it out to see if it feels right

### Question 16

Which are you most likely to do when standing in a long line at the movies?

- a) look at posters advertising other movies
- b) talk to the person next to you
- c) tap your foot or move around in some other way

**Total your a's, b's, and c's**

## Three Different Learning Styles

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

### Visual Learners

- take numerous detailed notes
- tend to sit in the front
- are usually neat and clean
- often close their eyes to visualize or remember something
- find something to watch if they are bored
- like to see what they are learning
- benefit from illustrations and presentations that use color
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- find passive surroundings ideal

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

### Auditory Learners

- sit where they can hear but needn't pay attention to what is happening in front
- may not coordinate colors or clothes, but can explain what they are wearing and why
- hum or talk to themselves or others when bored
- acquire knowledge by reading aloud
- remember by verbalizing lessons to themselves (if they don't they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

### Kinesthetic Learners

- need to be active and take frequent breaks
- speak with their hands and with gestures
- remember what was done, but have difficulty recalling what was said or seen
- find reasons to tinker or move when bored
- rely on what they can directly experience or perform

- activities such as cooking, construction, engineering and art help them perceive and learn
- enjoy field trips and tasks that involve manipulating materials
- sit near the door or someplace else where they can easily get up and move around
- are uncomfortable in classrooms where they lack opportunities for hands-on experience
- communicate by touching and appreciate physically expressed encouragement, such as a pat on the back

## Understanding and Identifying Auditory, Visual and Kinesthetic Learning Styles

Auditory	Visual	Kinesthetic
Identify sounds related to an experience	Have a sharp, clear picture of an experience	Develop a strong feeling towards an experience
<p>I <b>hear</b> you clearly,</p> <p>I want you to <b>listen</b> . . .</p> <p>This <b>sounds</b> good</p>	<p>Do you <b>make pictures</b> in your head</p> <p>Do you have <b>visual images</b> in your head as you are talking and listening to me?</p> <p>Can you <b>see</b> what I am saying?</p>	<p>Do you <b>feel</b> what you are saying?</p> <p>Are you in <b>touch</b> with what I am saying?</p>
<p>How do you <b>hear</b> this situation going?</p> <p>What do you <b>hear</b> that is stopping you?</p> <p><b>Sounds</b> heavy.</p>	<p>How do you <b>see</b> the situation?</p> <p>What do you <b>see</b> stopping you?</p> <p>This <b>looks</b> good.</p> <p>Do you <b>see</b> what I am <b>showing</b> you?</p>	<p>How do you <b>feel</b> about this situation?</p> <p>I'm <b>getting a handle</b> on this material.</p> <p>Let's <b>move</b> together.</p> <p>Sounds <b>heavy</b>.</p>
Word Selections	Word Selections	Word Selections
Tinkling, silent, squeal, blast, screaming, choking	Color, clear, spiral, showed, vivid, notice	Felt, body, sensations, feel, pain, touch
Lecture	Visual presentations	Hands-on work