

Preferred Learning / Sensory Styles

DIRECTIONS: Read the following visual, auditory and kinesthetic statements – circle all that apply to you.

When you	Visual	Auditory	Kinesthetic
Spell	Do you try to see the word	use the phonetic approach	write the word down to find if it feels right.
Visualize	Do you see vivid detailed pictures	think in sounds	have few images / those that you do have involve movement.
Are concentrating	Do you get distracted by untidiness or movement	get distracted by sounds / noises	get distracted by movement.
Are angry	Do you become silent and seethe	express it in an outburst	Storm off, grit your teeth clench your fists.
Forget something	Do you forget names but remember faces	forget faces but remember names	remember best what you did.
Contact people on business	Do you prefer a direct personal meeting, face to face	prefer the telephone	talk it out while walking or during another activity.
Are relaxing	Do you prefer to watch TV, read, see a play	prefer to listen to the radio or play music	prefer to play sports or games.
Enjoy the arts	Do you like paintings	like music	like dancing.
Reward someone	Do you write remarks of praise in a note	give them oral praise	give them a pat on the back.
Try to interpret someone's mood	Do you primarily look at facial expressions	listen to their tone of voice	watch their body movements.
Are reading	Do you like descriptive scenes / stop to imagine the scene	enjoy dialogue and conversation, hear the characters talk	prefer action stories or not a keen reader
Learn	Do you like to see demos, diagrams, slides, posters	like verbal instructions, lectures, talks	prefer direct involvement – learning through activities.
Are inactive	Do you look around, doodle, watch something	talk to yourself or other people	fidget
Are talking	Do you talk sparingly but dislike listening for too much information	gesture a lot and use expressive movements	enjoy listening but are impatient to talk.