

Directions: Read each statement and give yourself a score (3, 2 or 1) as to how strongly each statement applies to you. Try not to use 2 very often!

Often – 3

Sometimes- 2

Seldom/Never- 1

- ____ 1) I need to write math down when learning in order to remember it.
- ____ 2) I learn best from a lecture and not from a textbook.
- ____ 3) I learn best in math when I can do something with my hands, like using counters or other models.
- ____ 4) I need it to be quiet when I study math.
- ____ 5) I hate taking notes. I want to just listen to lectures and I will remember and learn that way.
- ____ 6) I learn and study math better when I can move – pace the floor, shift positions, tap, etc.
- ____ 7) It's hard for me to understand math when someone just tells about it without writing it down.
- ____ 8) I have difficulty following written solutions on the board unless someone also explains the steps.
- ____ 9) I learn math best when I can manipulate or use hands-on examples.
- ____ 10) I like to work a problem out in my mind. I usually get the right answer that way.
- ____ 11) I can remember more of what is said to me than what I see.
- ____ 12) I usually can't verbally explain how I solved a math problem, but can show it to someone.
- ____ 13) I enjoy writing in math and show my steps to stay organized.
- ____ 14) The more people explain math to me, the faster I learn it.
- ____ 15) I've always liked using my fingers to figure out math.
- ____ 16) When taking a math test, I can often see in my mind the page in my notes or in the text where the explanations or answers are located.
- ____ 17) I don't like reading explanations in my math book; I'd rather have someone explain the new material to me.
- ____ 18) It helps when I take a break and move around when I study math.
- ____ 19) I get easily distracted or have difficulty understanding in math class when there is talking or noise.
- ____ 20) I wish my math teachers would lecture more and write less on the board.
- ____ 21) If I look at my math teacher when he or she is teaching it helps me to stay focused.
- ____ 22) I get easily distracted or have difficulty understanding in math class when there is talking or noise.
- ____ 23) It helps me when I repeat the numbers or talk to myself when working out math problems.
- ____ 24) I enjoy figuring out math games and math puzzles when I learn math.

Learning Styles Inventory Scoring Guide

Write your score for each statement beside the appropriate number below, then add all the scores in each column.

1)____	2)____	3)____
4)____	5)____	6)____
7)____	8)____	9)____
10)____	11)____	12)____
13)____	14)____	15)____
16)____	17)____	18)____

19)____ 20)____ 21)____

22)____ 23)____ 24)____

Total

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Visual

Auditory

Kinesthetic

The largest number in the total of the three columns above indicates your dominant learning style.

Visual learners learn best by seeing. Visual learners benefit from taking notes, charts, graphs, diagrams and color.

Auditory learners learn best by listening. Auditory learners benefit from listening to lectures with minimum notes, discussions and talking to themselves when working alone.

Kinesthetic (or tactile) learners learn best by moving, touching or doing. Kinesthetic learners benefit from hands-on activities, writing and re-writing notes, and games.