

# **Learning Styles Index™**

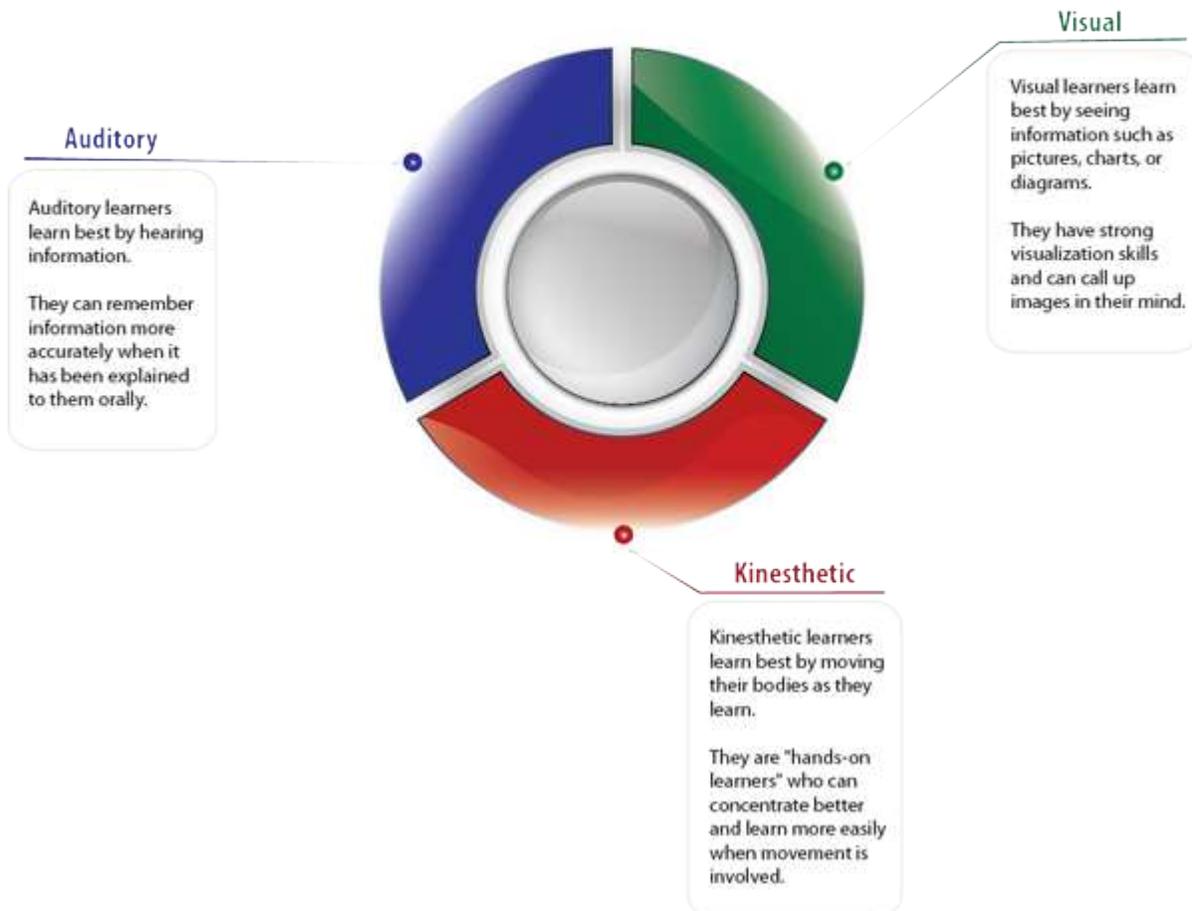
Sample Report

## Welcome to your Learning Styles Report

People have different ways they learn and process information. They may like to read books and study written information, they may like to listen to spoken words and hear the emotional delivery of the message, or they may like to experience a subject and learn by doing. There is no right or wrong style, and many people learn best using a blend of all three styles.

In addition, certain subjects or learning environments, may require you to use a style that is less than optimal for you, such as reading text books or performing tasks over and over to demonstrate proficiency. By understanding how you learn best, you can add learning style elements or techniques to your education and training that will help you better retain information.

# 3 Learning Styles





## Your Styles Compared

### Your Learning Styles

On this page you see your scores for the three learning styles. You may have one primary preferred way of learning, or you may prefer a blend of all three. There is no right or wrong.<br><br>

Your Auditory Learner score is



Your Kinesthetic Learner score is



Your Visual Learner score is



## Your Learning Styles

Kinesthetic Learner  
Auditory Learner Visual Learner  
Visual Learner Kinesthetic Learner  
Kinesthetic Learner Auditory Learner  
Auditory Learner Visual Learner

In this section you can read details about all three styles and read learning tips for your preferred style(s).

### Auditory Learner

Do you prefer to learn by listening?



Auditory learners receive information best by hearing. They can usually remember material more accurately when it has been explained to them orally. The following characteristics are typical of individuals with strong auditory processing skills:

1. Auditory learners can accurately remember details of information they hear during conversations or training.
2. Auditory learners have strong language skills, which include a well-developed vocabulary and an appreciation for words.
3. Auditory learners often have strong oral communication skills. They can carry on interesting conversations and can articulate their ideas clearly.
4. Because of a "fine tuned ear," auditory learners may find learning a foreign language to be relatively easy.
5. Auditory learners often have musical talents. They can hear tones, rhythms, and individual notes using their strong listening skills.

You have a **moderate** score on Auditory Learning. This indicates that while this may not be your main learning style, you do respond well to hearing information.



### **Auditory Learning Tips:**

1. Sit close to the speaker/trainer so you can hear the lecture clearly.
2. Use a tape recorder during training. Listen to the audio right after, and update your notes.
3. Participate in training class discussions. You will remember what you said.
4. Repeat directions aloud.
5. Listen for key words and specific information - you can remember details you hear.
6. Talk about what you have learned with others.
7. Read training material, class notes, and directions aloud. Then summarize them out loud immediately after reading.
8. Dictate reports into an audio recorder, then write them out or use speech to text software.
9. Listen to audio books or presentations of the subject you are studying.
10. Have someone read note cards aloud while quizzing you.

## Kinesthetic Learner

Do you prefer to learn by doing?



Kinesthetic learners learn best by moving their bodies. These are the "hands-on learners" or the "doers" who actually concentrate better and learn more easily when movement is involved. The following characteristics are often associated with kinesthetic learners.

1. Kinesthetic learners often wiggle, tap their feet, or move their legs when they sit.
2. Kinesthetic learners may have been labeled "hyperactive" as children when they were required to sit still in a classroom and just listen.
3. Because they learn through movement, kinesthetic learners often do well in professions that are very physical such as athletes, actors, dancers, etc.
4. Kinesthetic learners work well with their hands. They may be good at building things, sculpting, art, working with various equipment and tools.
5. Kinesthetic learners are often well coordinated and have a strong sense of timing and body movement.
6. Kinesthetic learners do very well with hands-on training programs and tend to be mechanically inclined.

You have a **high** score on Kinesthetic Learning. This indicates it is one of your primary learning styles.



### **Kinesthetic Learning Tips:**

1. Re-write or type out class notes.
2. Use the equipment, tools, and/or models of the subject you are studying as much as possible.
3. Mentally review training class material while you are engaging in a physical activity. Carry note cards with you to study while doing other things.
4. Shift positions and locations frequently while studying.
5. Seek out on-the-job training, work study, or intern educational experiences that allow you to become physically involved in your area of study.
6. Use computers and technology when possible.
7. Make learning maps: physically manipulate your study materials and notes. Cut them up, move them around, and find the layout that best represents all the information and how it fits together.
8. Imagine what it would feel like to be the character, living being, or idea you are studying. How would you move your body? What would your dimensions be (large or small)? Actually act as if you are that entity.

## Visual Learner

Do you prefer to learn by reading or seeing?



Visual learners learn best by seeing information. The following characteristics are typical of many individuals with strong visual processing skills:

1. Information presented in pictures, charts, or diagrams is easily remembered.
2. Visual learners have strong visualization skills.
3. Visual learners can make "movies in their minds" of information they are reading. Their movies are often vivid and detailed.
4. Visual-spatial skills such as sizes, shapes, textures, angles, and three-dimensional depths are strong.
5. Visual learners often pay close attention to the body language of others (facial expressions, eyes, stance, etc.)
6. Visual learners have a keen awareness of aesthetics, the beauty of the physical environment, visual media, and art.

You have a **moderate** score on Visual Learning. This indicates that while this may not be your main learning style, you do respond well by seeing information.



### **Visual Learner Tips:**

1. Sit close to the front of the classroom in order to read the non-verbal cues and body language of the instructor.
2. Sit away from classroom windows to avoid visual distractions.
3. Use visual images to remember main points in your notes.
4. Use flash cards for problems, math formulas, vocabulary.
5. Underline key points when reading - using different colored highlighters may help.
6. Ask for written instructions, drawings, maps, or graphs to help understand assignments.
7. When using acronyms to study, visualize the acronyms instead of saying the words.
8. Chart and represent information graphically when studying notes.
9. Watch videos or read books and articles on the subject you are studying.



**Report Notes:**