

Learning Approaches

What Kind of Learner Are You?



ARE YOU A VISUAL LEARNER?

- I often see clear visual images when I close my eyes.
- I enjoy doing puzzles, mazes, and other visual-type games.
- I can generally find my way around unfamiliar territory.
- I can imagine how furniture will look in a room.
- I prefer reading material that has lots of illustrations.



ARE YOU A MUSICAL LEARNER?

- I can tell when a musical note is off-key.
- I love listening to music.
- I play a musical instrument.
- I sometimes catch myself singing a commercial jingle or some other tune.
- I make up songs while working, studying, and learning something new.



ARE YOU A LOGICAL LEARNER?

- I can easily compute numbers in my head.
- Math and/or science were among my favorite subjects in school.
- I enjoy playing games or solving brain teasers that require logical thinking.
- I like to set up “what if” experiments.
- My mind searches for patterns, regularities, or logical sequences in things.
- I like finding logical flaws in things people say and do at home and at work.
- I feel more comfortable when something has been measured, categorized, or analyzed.



ARE YOU A VERBAL LEARNER?

- Books are very important to me.
- I can hear words in my head before I read, speak, or write them down.
- I get more out of listening to the radio or a spoken-word audiobook than I do from television or videos.
- I enjoy word games like Scrabble® or Password®.
- English, social studies, and history are easier for me in school than math and science.
- When I drive down a freeway, I pay more attention to the words written on billboards than scenery.
- My conversation includes frequent references to things I've read or heard.



ARE YOU A PHYSICAL LEARNER?

- I engage in a least one sport or physical activity on a regular basis.
- I find it difficult to sit still for long periods of time.
- I like working with my hands at concrete activities such as sewing, weaving, carving, or carpentry.
- My best ideas often come to me when I'm out for a walk or jog or engaged in some other kind of physical activity.
- I frequently use hand gestures or other forms of body language when conversing with someone.
- I need to touch things in order to learn more about them.
- I need to practice a new skill rather than simply reading about it or seeing a video.



ARE YOU A NATURAL LEARNER?

- I like to spend time outdoors.
- I enjoy collecting objects from nature.
- I know the scientific names of many plants and animals.
- My idea of relaxing is looking at a seed catalog or working in the yard.
- My hobbies include taking care of plants and/or pets.



ARE YOU A RELATIONAL LEARNER?

- I'm the sort of person that people come to for advice and counsel at work or in my neighborhood.
- When I have a problem I'm more likely to seek out another person for help than attempt to work it out on my own.
- I favor social pastimes such as group games over solitary recreation.
- I enjoy the challenge of teaching another person, or groups of people, what I know how to do.
- I like to get involved in social activities connected with my work, church, or community.
- I would rather spend my evening at a lively party than stay at home alone.



ARE YOU A REFLECTIVE LEARNER?

- I regularly spend time alone meditating, reflecting, or thinking about important life questions.
- I have a special hobby or interest that I keep pretty much to myself.
- I have a realistic view of my strengths and weaknesses.
- I would prefer to spend a weekend alone in a cabin in the woods than at a fancy resort with lots of people around.
- I consider myself to be strong-willed or independent-minded.
- I keep a personal diary or journal to record the events of my life.