What’s Your Adult Learning Style?

This checklist that will help you gain some insight into your preferred learning style. Check each activity that fits you. See which column has the most checks.

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| **Visual** | **Auditory** | **Kinesthetic** |
| Learns by seeing, watching demonstrations | Learns through verbal instructions from others or self | Learns by doing, direct involvement |
| Ignores auditory directions | Needs words to go with a cartoon | Talks fast, using hands |
| Looks around to see what others are doing | Can’t stand silences, needs to talk and needs you to talk | Is not comfortable listening or seeing things, but needs to feel something to believe it |
| Vivid imagination, thinks in pictures, visualizes in detail | Sub-vocalizes, thinks in sounds, details less important | Imagery is not important. Images that do not occur are accompanies by movement |
| Asks for repeated directions | Reads aloud | Reaches out to touch everything, people or things |
| Very good at spelling | No visual or word recall | Takes things apart and puts things together |
| Watches speakers mouth | Can’t draw without something to copy | Collects “things” |
| Remembers faces, forgets names, writes things down, takes notes | Remembers names, forgets faces, remembers by auditory repetition | Remembers best what was done, not what was seen or talked about |
| Doesn’t like to talk on the phone | Talks to self | Wiggles pen, pencil |
| Goes off in another world when lectured to | Uses jingles to learn things | Tends to interrupt |
| Does well with graphs and charts | Can’t use maps, needs oral directions | Shakes leg, rocks in chair |