



ADULT LEARNING STYLE PROFILE

Directions: Read each statement. Place a 1, 3 or 5 in the white box at the end of the statement: 1 indicates least like you, 3 indicates somewhat like you and 5 indicates a lot like you.

Work quickly – do not sit and ponder. *THERE ARE NO RIGHT OR WRONG ANSWERS.*

1. I'm good at remembering things I hear or that people tell me.			
2. I like to read and usually read a lot.			
3. I notice that I often bear down extremely hard with pen or pencil when writing.			
4. I often find diagrams, graphs, and charts difficult to understand.			
5. I do better at following directions if I read them, not just hear them.			
6. I enjoy craft work/sewing or woodworking, or working on machines.			
7. I like group-type projects which allow for lots of discussion and exchange of ideas.			
8. Graphs, charts and diagrams helps me understand the subject/presentation.			
9. I notice that I often handle objects such as coins, keys, or pencils while studying, reading, listening or talking.			
10. I understand academic subjects better when listening to lecture or tapes.			
11. I remember best by taking notes in classes/meetings; making lists of things to do.			
12. I notice that I like to have snacks or drinks available, or chew gum or smoke while studying or working.			
13. I find that I can spell difficult words if I "sound them out."			
14. I'm good at using maps to find places.			
15. I like classroom or work projects where I can create/make things or build models.			
16. I enjoy attending and listening to a good lecture/speech, play or drama.			
17. I enjoy spending time reading or looking through magazines, books, newspapers.			
18. I exercise regularly by doing aerobics, jogging, walking, or participating in sports activities.			
19. To solve a problem/difficult situation, I need/like to talk it over/discuss it with others.			
20. It helps me spell difficult words if I write them down or see them in print.			
21. I feel comfortable in physical contacts of touching others, hugging, handshaking.			



22. I'm good at remembering and following oral directions.			
23. I'm good at working and solving jigsaw puzzles and mazes.			
24. I enjoy sight-seeing and visiting new places.			
25. I enjoy music: singing, listening, going to musicals or concerts.			
26. I'm good at researching topics, articles or stories and/or writing reports.			
27. I'm doodle during meetings, lectures or while listening on the phone.			
28. I read aloud/whisper to myself when trying to understand new or difficult material.			
29. I'm good at doing layout & design work: formatting; drawing, sketching, coloring.			
30. I like working with computers or other electronic technology for learning/working.			
<i>Total each column</i>			
V = Visual A = Auditory T = Tactile/Kinesthetic	A	V	T

Place scores of Perceptual Learning Style here (Example: V = 33 A = 24 T = 19):

Highest Score	Second Score	Lowest Score
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V-A-T

This means you learn best by SEEING something. If your vision is obscured in some fashion, you can still learn through the LISTENING and TACTILE mode, but your MAJOR and BEST mode of learning is being denied you. If you are in a lecture situation, then you usually want to make notes on the material being presented, or read the material in the hand-out or book.

A-V-T

This means you learn best by HEARING and/or DISCUSSING what it is you want to learn. You can learn by seeing the information, but your best retention is, if upon seeing it, you can say it to yourself, or hear the material being read aloud. You may learn very well using tapes. Your retention and depth of learning is enhanced by VISUAL and TACTILE input, but your major or dominant learning mode/style is auditory.

T-V-A

You learn best by doing. You may make notes about material/things at which you are looking and take notes during lectures – and rarely having to look at them afterward. In order to recall information it helps you to move or to have something in your hand. In school you were often told to sit still, and your family probably called you a “wiggly-worm.”

