

# Learning Styles for Teens and Adults

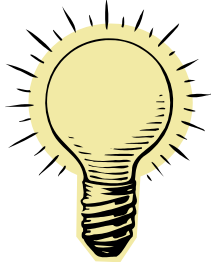
Name \_\_\_\_\_

I learn best...

(Circle the best ending.)

## Environmental

1. A) In bright light



B) in dim light



C) Either way  
Is fine

2. A) In complete quiet



B) With background  
noise

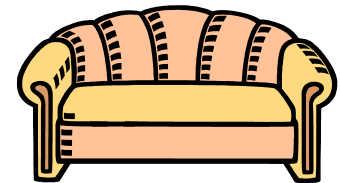


C) Either way  
Is fine

3. A) At a solid chair and  
desk

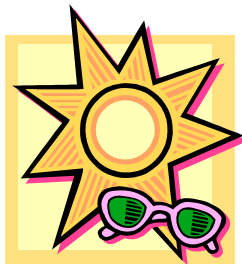


B) On a pillow, couch  
or the floor



C) Either way  
Is fine

4. A) In warm tempera-  
tures



B) In cool tempera-  
tures



C) Either way  
Is fine

# Perceptual

I learn best...

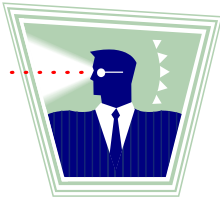
Put a star by your top choices

5. by listening.



\_\_\_\_\_

6. by seeing things.



\_\_\_\_\_

7. by using my hands.



\_\_\_\_\_

8. by moving around.



\_\_\_\_\_

9. by talking about the material I'm learning.



\_\_\_\_\_

# Social Environment

Circle all of the answers that are true.  
(There can be more than one.)

10. I learn best...

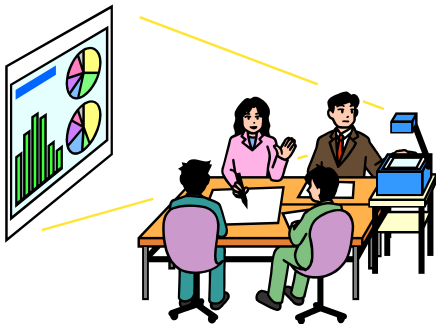
A) When I work alone.



B) When I work with a friend



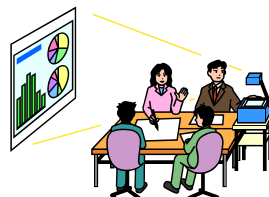
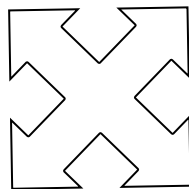
C) When I work in a group



D) When I work with an adult



E) When I work in all different types of situations.



# Time of Day

I learn best...

Put a star by the time of day in which you most prefer to study.

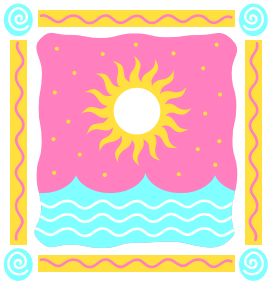
(You may choose more than one.)

11. in the early morning



\_\_\_\_\_

12. in the late morning



\_\_\_\_\_

13. in the afternoon



\_\_\_\_\_

14. in the evening



\_\_\_\_\_

Circle the statement that best describes you.

## Mobility

15. A) I learn best when I work a little, move around, and then go back and work some more.



- B) I learn best when I am in one place for a fairly long time until my work is finished.



- C) I learn either way.

## Food Intake

16. A) I learn best when I am not snacking on anything while I study.



- B) I learn best when I can snack on something while I study.



- C) I learn either way.

## Motivation

17. A) I am eager to start and do my best.



- B) I learn best when something or someone else helps me to get interested.

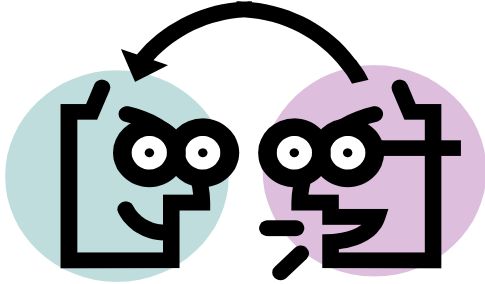


- C) I learn either way.

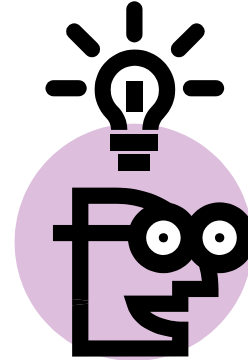
Circle the statement that best describes you.

## Conformity

18. A) I like for someone else to tell me what I need to learn.



B) I like to decide what I want to learn about.



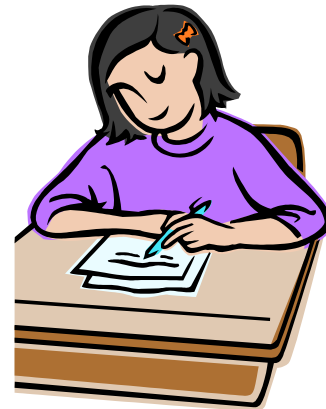
C) I learn well either way.

## Structure

19. A) I like to have clear instructions about how to complete an assignment.



B) I like to complete my assignments in my own way.



C) I learn well either way.

## Persistence

20. A) I keep working, despite any difficulties, until my assignment is done.



B) I like to take short breaks from my work and then come back to complete it.



C) I learn well either way.

Circle the answer that best describes how you like to learn.

## Analytical

or

## Global

A) I want to get all of the facts and details about something first.



B) I need to know the main idea of the story first. That helps me to remember the details later.



A) I prefer lists and study outlines. Example:

### states

- United States
  - Far West
    - Alaska
    - California
    - Hawaii
    - Nevada
    - Oregon
    - Washington
  - Great Plains
    - Kansas
    - Nebraska
    - North Dakota
    - Oklahoma
    - South Dakota
  - Mid-Atlantic
    - Delaware
    - Maryland
    - New Jersey
    - New York

B) I prefer picture, graphs and charts for studying.



A) It helps me to learn if the teacher sticks to the facts.



B) It helps me to learn if the teacher tells stories or jokes while teaching.



## Reflective

or

## Impulsive

A) I need to think about a question a while before I answer.



B) I like to give the first answer that pops into my head.



## Learning Style Profile

Circle or highlight preferences below.

### Environment

High Light*	Not a Big Factor	Dim Light*
Quiet*	Not a Big Factor	Sound*
Formal Seating*	Not a Big Factor	Causal Seating*
Warm Temperature	Not a Big Factor	Cool Temperature

### Perceptual

(Underline all that apply and circle or highlight the highest preference.)

Auditory	Visual	Tactual	Kinesthetic	Verbal Kinesthetic
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### Social

(Circle or highlight all that apply.)

Alone	With one other	In a group	With an adult	In a variety of settings
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### Time of Day

(Circle or highlight all that apply.)

Early AM	Late AM	Afternoon	Evening
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### Other Physiological

High Mobility	Not a big factor	Low Mobility
No Intake*	Not a big factor	Intake

### Emotional

High Motivation	Not a big factor	Low Motivation
Low Conformity	Not a big factor	High Conformity
High Structure	Not a big factor	Low Structure
High Persistence*	Not a big factor	Low Persistence*

### Psychological

Analytical	Integrated	Global
Reflective	Not a big factor	Impulsive