

LEARNING STYLES ASSESSMENT

Complete the Learning Styles Assessment below. It can provide insights into how you see yourself and the learning process. It's okay if you score strongly in more than one learning style. It just means you learn in several different ways. When you're done with the assessment, go back to finish the Hit the Ground Running course.

Answer Yes or No next to each of the following statements to reflect how you learn.

	YES	NO
1. I learn a lot from listening to instructors and other knowledgeable people.	_____	_____
2. I figure things out best by trial and error.	_____	_____
3. Books are easy for me to learn from.	_____	_____
4. Give me a map and I can find my way.	_____	_____
5. I like to have directions explained to me verbally.	_____	_____
6. I can often assemble something I just bought without looking at the instructions.	_____	_____
7. I learn a lot from discussions.	_____	_____
8. I'd rather watch an expert first and then try a new skill.	_____	_____
9. The best way for me to learn how something works is to take it apart and put it back together.	_____	_____
10. I can remember most of what is said in classes and meetings without taking notes.	_____	_____
11. In school, the classes in which I did best involved physical activity.	_____	_____
12. Diagrams and drawings help me understand new concepts.	_____	_____

A "yes" answer to questions 1, 5, 7, and 10 indicates that you learn by hearing information; you're a good listener, or a strong auditory learner.

A "yes" answer to questions 3, 4, 8, and 12 indicates that you learn by reading, watching, and studying diagrams; you're a strong visual learner.

A "yes" answer to questions 2, 6, 9, and 11 indicates that you learn by doing things; you're a strong kinesthetic learner.