**What type of learner are you? – visual, audio or kinaesthetic.**

**The Questionnaire**

*Place a tick against those statements that are applicable and a cross for those that do not apply*

I remember things better if I write them down

When I think of spellings I picture them in my head

I have to look at someone when they speak to me

I find it difficult to concentrate when there’s a noise

I like looking at maps and pictures

I am not very good at remembering jokes

I like to doodle and make notes when I learn something new

I am good at thinking of ideas in my head

I remember people’s faces, but necessarily their names

I like to make lists

When I get a new idea I like to write it down or draw a picture

I learn a practical skill best by watching someone do it

I love doing crosswords and word searches

I remember scenes from films better than exact quotes

**Number of ticks for Visual**

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I hate listening to instructions – I’d rather have a go

I don’t like sitting still

I use my hands to describe things

I like to walk around when I’m working

My desk looks messy to everyone else but I know where things are

I like to talk out loud when I’m working

I like to work on projects and designing things

I like to plan my work in my head before I begin

I hate checking my work after I have finished

I sometimes take notes but I never use them

I like to act and do drama

I don’t mind noise when I work

It sometimes takes me a while to get started on a new project

I like to be shown how to do a sporting skill, rather than told how

**Total number of ticks for kinaesthetic**

I remember things better if I hear them

I like to discuss things before I start to work

I work better if I’m not alone

I would rather hear new things than read about them

I sometimes look out of the window even though I am listening

I don’t like working on more than one task at a time

I remember people’s voices

I love telling jokes

I often remember exact quotes from films and programmes I watch

I like reading and writing poetry

I remember things by ‘hearing’ them in my head

I find it hard to picture things in my head

I like reading out loud

I learn song lyrics easily

**Number of ticks for Auditory**

You will probably find that you will have ticks in all 3 types, but where one is predominant that will be indicative of your preferred learning style. The most effective way to learn is to use all three strategies combined. However, to make the most of your natural preference, you should focus on using learning and memory methods that play to your strength(s).

***Task 2:*** *Use the internet to research the sort of learning methods and resources that you should focus slightly on for your preferred learning style (V,A or K).*