field instructor training program

LEARNING STYLE QUIZ

handout 4a

Instructions

Read each question and circle the answer that best corresponds to your behavior. When you are finished, add your number of responses for each letter.

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1. When you read, do you

A. Enjoy descriptive passages and visualize the scene
B. Enjoy dialogue and hear the characters in your mind
C. Prefer action scenes, but do not enjoy reading

2. When you learn something new, do you

A. Like to read instructions or see demonstrations
B. Prefer verbal instructions
C. Jump in and learn by doing it

3. When you are spelling an unfamiliar word, do you

A. Visualize the word in your mind
B. Sound the word out as you spell it
C. Write the word down first

4. When you want to relax, do you

A. Watch TV or read
B. Listen to music
C. Play a game or exercise

5. When you are concentrating, do you

A. Get distracted by messy surroundings
B. Get distracted by noise
C. Get distracted by activity around you

6. When you are trying to figure out how someone is feeling, do you

A. Look at their facial expressions
B. Listen to the sound of their voice
C. Look at their body movements

7. When you teach someone something new, do you

A. Show them what to do or write down instructions
B. Tell them what to do
C. Do it with them

8. When you compliment someone on their work, do you

A. Write them a note
B. Tell them they did a good job
C. Shake their hand or pat them on the back

9. When you are bored, do you

A. Look around or doodle
B. Talk to yourself
C. Move around or fidget

10. When you need to remember something, do you

A. Write it down
B. Say it to yourself over and over
C. Think about it while moving around

11. When you are giving directions, do you

A. Draw a map
B. Give clear and detailed instructions
C. Point and use body language to explain the directions

12. When you are putting something together, do you

A. Read the directions first
B. Prefer to have someone to tell you what to do
C. Figure it out as you do it

A _____ B _____ C _____

Adapted from Rose, C. (1985). *Accelerated learning*. New York: Dell Publishing.