

LEARNING STYLES – MODALITY PREFERENCE INVENTORY

Read each statement and select the appropriate number response as it applies to you.

Often (3)

Sometimes (2)

Rarely/Never (1)

1. ___ I remember information better if I write it down.
2. ___ My papers and notebooks always seem messy.
3. ___ I start a project before reading the directions.
4. ___ Looking at the person helps keep me focus.
5. ___ When I read, I need to use my index finger to track my place on the line.
6. ___ I hate to sit at a desk for long periods of time.
7. ___ I need a quiet place to get my work done.
8. ___ I do not follow written directions well.
9. ___ I prefer first to see something done and then do it myself.
10. ___ I use the trial and error approach to problem-solving.
11. ___ If I hear something, I will remember it.
12. ___ When I take a test, I can see the textbook page in my head.
13. ___ I like to read my textbook while riding an exercise bike.
14. ___ Writing has always been difficult to me.
15. ___ I need to write down directions, not just take them down verbally.
16. ___ Music or background noise distracts my attention from the task at hand.
17. ___ I often misread words from the text (i.e., “them” for “then”).
18. ___ I take frequent study breaks.
19. ___ I don’t always get the meaning of a joke.
20. ___ I would rather listen and learn than read and learn.
21. ___ I have a difficult time giving step-by-step instructions.
22. ___ I doodle and draw pictures on the margins of my notebook pages.
23. ___ I’m not very good at interpreting an individual’s body language.
24. ___ I enjoy sports and do well at several different types of sports.
25. ___ I use my hands when describing things.
26. ___ Pages with small print or poor quality copies are difficult for me to read.
27. ___ I have trouble following lectures.
28. ___ I have to rewrite or type my class notes to reinforce the material.
29. ___ My eyes tire quickly, even though my vision check-up is always fine.
30. ___ I react very strongly to colors.

Visual Modality

Add up the scores for lines:

$$\begin{array}{cccccccccc} 1 & 4 & 7 & 12 & 15 & 16 & 19 & 22 & 27 & 30 \\ \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow \\ _ & _ & _ & _ & _ & _ & _ & _ & _ & _ \end{array} + _ + _ + _ + _ + _ + _ + _ + _ + _ = _$$

Auditory Modality

Add up the scores for lines:

$$\begin{array}{cccccccccc} 2 & 5 & 8 & 11 & 14 & 17 & 20 & 23 & 26 & 29 \\ \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow \\ _ & _ & _ & _ & _ & _ & _ & _ & _ & _ \end{array} + _ + _ + _ + _ + _ + _ + _ + _ + _ = _$$

Kinesthetic/Tactile Modality

Add up the scores for lines:

$$\begin{array}{cccccccccc} 3 & 6 & 9 & 10 & 13 & 18 & 21 & 24 & 25 & 28 \\ \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow \\ _ & _ & _ & _ & _ & _ & _ & _ & _ & _ \end{array} + _ + _ + _ + _ + _ + _ + _ + _ + _ = _$$

A score of 21 points or more in a modality indicates strength in that area. The highest of the three scores indicates the most efficient method of information intake. The second highest score indicates the modality which boosts the primary strength.

Visual Learners Usually: <ul style="list-style-type: none">• Need to see it to know it.• Have strong sense of color.• May have artistic ability.• Often have difficulty with spoken directions.• May over-react to sounds.• Often misinterpret words.	Visual Learners Should: <ul style="list-style-type: none">• Use graphics to reinforce learning: films, slides, illustrations, diagrams, and doodles.• Color code to organize notes and possessions.• Ask for written directions.• Use flow charts and diagrams for note taking.• Visualize spelling of words or facts to be memorized.
Auditory Learners Usually: <ul style="list-style-type: none">• Prefer to get information by listening-need to hear it to know it.• May have difficulty following written directions.• Difficulty with reading.• Problems with writing.• Inability to read body language and facial expressions.	Auditory Learners Should: <ul style="list-style-type: none">• Use tapes for reading and for class and lecture notes.• Learn by interviewing or by participating in discussions.• Have test questions or directions read aloud or put on tape.
Kinesthetic Learners Usually: <ul style="list-style-type: none">• Prefer hands-on learning.• Often can assemble parts without reading directions.• Have difficulty with sitting still.• Learn better when physical activity is involved.• May be very well coordinated and have athletic ability.	Kinesthetic Learners Should: <ul style="list-style-type: none">• Engage in experiential learning (making models, doing lab work, and role playing).• Take frequent breaks in study periods.• Trace letters and words to learn spelling and remember facts.• Use computer to reinforce learning through sense of touch.• Memorize or drill while walking or exercising.• Express abilities through dance, drama, or gymnastics.