



YOU'VE GOT STYLE !

ADULT LEARNING STYLE PROFILE

- FOR ADOLESCENTS AND ADULTS -

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- Developed by S.E. Pues, Tarzana, CA. -

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears; however measured or far away." - Henry David Thoreau

Learning - that's the job of the brain. *Learning* requires that the brain processes and makes sense of a wide variety of incoming messages, rejecting some and acting on others. It is also important to understand that the only way new information comes into the brain is through the sensory modalities, i.e., the *Five Senses*. *Learning* is constant and ongoing. The brain never stops learning.

**WE EACH LEARN DIFFERENTLY,
and,
IT'S OKAY TO LEARN DIFFERENTLY - IN YOUR OWN STYLE!**

LEARNING STYLE refers to all those factors which impact the person's ability to access, process, store and retrieve information. Besides the perceptual modalities, described in the next paragraph, it also includes other factors such as whether the person 1) is an analytic or global learner, 2) is a 'right-brain' or 'left-brain' person, 3) prefers to work or study alone or with others, 4) is a 'day person' or 'night person', and 4) has a preference for formal or informal settings.

LEARNING MODALITY refers to one of the perceptual channels or senses through which a person receives and processes information. The modalities that are of main concern in the classroom, the workplace or in any learning situation are: **Visual, Auditory, Tactile, and Kinesthetic**. These terms are also combined with the word "learner" and expressed as shown in this chart.

<p style="text-align: center;">"Visual Learner" learns by observing or reading</p>	<p style="text-align: center;">"Auditory Learner" learns best by listening, asking and talking</p>	<p style="text-align: center;">"Tactile Learner" combines touching or handling objects with the learning activity</p>	<p style="text-align: center;">"Kinesthetic Learner" learns best by including some type of movement with the learning activity</p>
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No person is strictly a 'one-modality' type of learner. Each modality is identified by its characteristics. A person referred to as a "visual learner," is a person who depends on or uses the visual channel or modality as his or her main or strongest modality for taking in and processing new information. In reality, each person uses a combination of channels to process information, and, the more channels used, the better. Research provides evidence that the highest two modalities always support each other, therefore, it would be more accurate to express a person's learning style by using the highest or strongest two modalities, such as saying, "Visual-auditory" learner, or, "Visual-kinesthetic" learner.

Three important methods can be used to identify a person's *learning style*: **observation, interview, inventory**. With practice and familiarity, much can be learned about a person's learning style simply by *observing* the person in a situation where learning or performance is going on -- in the classroom, during lectures or speeches, in the workplace, in social situations, during leisure-time activities. In the *interview* method, one uses a series of questions to gather information about the learning style of the individual. In the *inventory* method, a checklist of characteristics is completed, thus identifying the strongest characteristics in all modalities. This *inventory* can be "self-administered" or completed by a third party through observation and/or interview.

Knowing one's personal learning style preference empowers the individual! The importance of identifying the person's learning style is important for both the instructor/supervisor and the student/worker. When a person processes information through his/her preferred or personal style, learning is much more efficient and long-lasting! Attempting to learn through the weaker channels is more difficult and often frustrating; the learner must work harder and longer in order to achieve. As a result, learning is often incomplete and disorganized. Personal power comes from the knowledge of HOW one prefers to learn!

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(1)

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Directions: Read each statement. Place a 1, 3, or 5 in the box at the end of the statement:

1 indicates least like you 3 indicates somewhat like you 5 indicates a lot like you.

Work quickly. Do not sit and ponder. **THERE ARE NO RIGHT OR WRONG ANSWERS.**

1. I'm good at remembering things I hear or things that people tell me.
2. I read a lot for my work or for pleasure and never go on a trip without a book(s).
3. I follow along with my finger under the words as I read or use a hi-lighter.
4. I often bear down extremely hard with pen or pencil when writing.
5. When spelling difficult words, I try to "sound out" the words.
6. To remember directions or phone numbers, I need to write them down.
7. I enjoy creating things with my hands, such as sewing, sculpting, craftwork.
8. I like to find time for some type of physical activities several times a week.
9. I like group-type projects that allow for lots of discussion and exchange of ideas.
10. Graphs, charts, diagrams help me understand the subject/story/presentation.
11. I often handle objects -- such as coins, keys, or pencils while reading, listening, talking.
12. I find it difficult to stay at deskwork very long before I getting up and moving around.
13. I understand academic subjects better when listening to lectures or tapes.
14. I find that I prefer to study alone rather than with others.
15. I remember best by taking notes in classes/meetings, making lists of things to do.
16. I notice that I chew gum or like to have snacks or drinks available, while working/studying.
17. I "never meet a stranger" and can find something to talk about with anyone.
18. I'm good at using maps to find places.
19. I decorate or doodle or draw designs on my appointment book, notebook covers, classnotes.
20. My favorite vacations are traveling, camping, fishing, or hiking.
21. I read aloud/whisper to myself when trying to understand new or difficult material.
22. I subscribe or regularly purchase newspapers, magazines or journals.
23. I like working with computers or other electronic technology for learning/working.
24. I enjoy going on the fastest and scariest rides at Disneyland or carnivals.
25. To solve a problem or difficult situation, I like to talk it over/discuss it with others.
26. To spell difficult words, it helps if I write them down so I can see what they look like.
27. I'm comfortable with physical contacts such as touching others, hugging, handshaking.
28. I exercise regularly by doing aerobics, jogging, walking, or participating in sports.
29. I study or work best with music playing in the background.
30. I am good at working and solving jigsaw puzzles and mazes.
31. I'm good at doing layout and design work such as formatting, drawing, sketching, coloring.
32. I enjoy sightseeing and visiting new places.
33. I listen to music a lot, and I enjoy singing or going to musical shows or concerts.
34. I'm good at researching topics, articles or stories and/or writing reports.
35. I consider myself very intuitive, in touch with my feelings and very sensitive about others' feelings.
36. My favorite free-time activity is playing or attending sports activities.

Total each column and transfer totals to next page

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STEP 1 - Place totals here from previous page:

Column 1
A

Column 2
V

Column 3
T

Column 4
K

Column 1 is your **AUDITORY** score, Column 2 is your **VISUAL** score, Column 3 is your **TACTILE** score, and Column 4 is your **KINESTHETIC** score. (A = Auditory, V = Visual, T = Tactile, K = Kinesthetic).

STEP 2 - Place your scores here as indicated, highest to lowest

STEP 3 - Place the corresponding letter on these lines

	—	—	—
Highest Score	Second Score	Third Score	Lowest Score
—	—	—	—
—	—	—	—

Example:
43 - 38 - 34 - 26
V - T - K - A

This gives you: your **Perceptual Learning Style**.

INTERPRETING YOUR LEARNING STYLE PROFILE

If your score reads something like this: **Visual=33 Auditory=30 Tactile=26 Kinesthetic=24**, it would indicate that you are a strong **VISUAL** learner, with an auditory backup, and some tactile and kinesthetic learning. As a **VISUAL** learner you learn best by seeing, observing and reading, preferring reading to lectures. However, if your vision is obscured in some fashion, you can still learn through the **LISTENING** mode. Your Tactile and Kinesthetic modalities are quite weak; therefore, learning activities should include opportunities to strengthen these two. In a lecture situation, you might want to make notes or use mind-mapping. (This Profile is of the *traditional*, "good student" WHO is highly prized by the traditional teacher.)

If your score reads something like this: **Auditory=42 Visual=30 Kinesthetic=30 Tactile=20**, you learn best by listening/hearing and often need to ask questions and discuss the information. Your visual and kinesthetic backup give you strong support and tactile modality is a bit weak. You prefer lecture or discussion rather than reading assignments. Sometimes you get restless and need to move around. For best processing of information when seeing it, say it to yourself or listen to the material being read. Tapes are excellent. Your retention and depth of learning is enhanced by visual and action activities. Your class notes and writing assignments will usually be quite brief.

If your score reads something like this: **Tactile=37 Visual=33 Auditory=30 Kinesthetic=20**, you are a strong **TACTILE** learner, with strong visual and auditory backup but weak kinesthetically. You like to work with others and like class projects, designing and building diaramas and displays, decorating bulletin boards. Your visual modality is strong so there's no problem with reading assignments, and written work and class notes are probably quite extensive. Your auditory score is also fairly strong; therefore, you can do well with lectures, especially if you take notes. You're not really crazy about outdoor sports and games. You may make notes or draw diagrams/doodles while reading or during lectures but never look at them afterwards!

If your score reads something like this: **Kinesthetic=45 Auditory=40 Tactile=38 Visual=31**, you are a mover and talker, the traditional classroom teacher's nightmare! You learn best when doing something motorically (handling objects, tapping with pencil or fingers, moving about, or "mouthing" words while reading). You must be able to get up and move about occasionally. You like group projects and are good at sports, mechanics, science. Your visual is still strong enough for reading what you need to but not for pleasure. In order to recall information, it helps you to move, shift position, cross/uncross legs, have something to handle or touch, use mind maps or "talk out" the answers. In school you were often told to sit still, and your family probably called you a "wobble-worm." You also "talk" or gesture with your hands a lot!