

Appendix C: Identify Your Learning Style Quiz

Activity for Topic 8: Group facilitation and program planning

This checklist assesses the strengths of each of the following learning styles - auditory, visual and kinesthetic.

There are 10 incomplete sentences and three choices for completing each sentence. Score the answers that are typical for you. Score the three choices by rating (3) to the answer most typical of you, (2) to your second choice, and (1) to the last answer. When an option does not apply to you, do not score it.

1. When I want to learn something new, I usually:

A () want someone to explain it to me.

B () want to read about it in a book or magazine.

C () want to try it out, take notes, or make a model of it.

2. At a party, most of the time I like to:

A () listen and talk to two or three people at once.

B () see how everyone looks and watch the people.

C () dance, play games, or take part in some activities.

3. If I were helping with a musical show, I would most likely:

A () write the music, sing the songs, or play the accompaniment.

B () design the costumes, paint the scenery, or work the lighting effects.

C () make the costumes, build the sets, or take an acting role.

4. When I am angry, my first reaction is to:

A () tell people off, laugh, joke, or talk it over with someone.

B () blame myself or someone else, daydream about taking revenge, or keep it inside.

C () make a fist or tense my muscles, take it out on something else, hit or throw things.

5. A happy event I would like to have is:

- A () hearing the thunderous applause for my speech or music.
- B () photographing the prized picture of a sensational newspaper story.
- C () achieving fame of being first in a physical activity (i.e.: dancing, acting, surfing, or sports event).

6. I prefer a presenter to:

- A () use the lecture method with informative explanations, and discussions.
- B () write on the chalkboard, use visual aids, and assign readings.
- C () require posters, models, or in service practice, and some activities in class.

7. I know that I talk with:

- A () different tones of voice.
- B () my eyes and facial expressions.
- C () my hands and gestures.

8. If I had to remember an event so that I could record it later, I would choose to:

- A () tell it aloud to someone, or hear an audio tape recording or a song about it.
- B () see pictures of it, or read a description.
- C () re-play it in some practice rehearsal using movements such as dance, playacting, or drill.

9. When I cook something new, I like to:

- A () have someone tell me the directions, a friend or TV show.
- B () read the recipe and judge by how it looks.
- C () use many pots and dishes, stir often, and taste test.

10. In my free time, I like to:

- A () listen to the radio, talk on the telephone, or attend a musical event.
- B () go to the movies, watch TV, or read a magazine or book.
- C () get some exercise, go for a walk, play games, or make things.

How Do You Rate?

The **A choices** reflect auditory learning styles. This means that you learn and express yourself through sounds and hearing.

The **B choices** reflect visual learning styles. This means that you enjoy learning and expressing yourself with your eyes, seeing things written, colors, and imageries.

The **C choices** reflect kinesthetic learning styles. This means that you learn and express yourself through physical, muscular activity and practice.

If the scores are within four points of each other, you have a mixed learning style. You process information in any style with balanced ease.

If there are five points or more between any of the scores, you have a relative strength in that style compared to the others. You may have two styles that seem stronger than the other one. This means that you learn more easily and express yourself more naturally in the style with the higher score(s).

There is, of course, no right or wrong choice of styles. This checklist reveals the style that you have learned to depend on and enjoy the most. You can practice to improve your skill in any style with the goal of achieving a balance.

Adapted from the Community Food Advisory Training Manual, 2008