What Kind of Learner Are YOU?

Read each of the statements carefully. Check the ones that apply to you in each category.

VERBAL

____ Books are very important to me
____ I can hear words in my head before I read, speak, or write them down
____ I get more out of listening to the radio or spoken word than I do from TV or video
____ I enjoy word games like Scrabble, Anagrams, or Password
____ Writing and/or composing comes easily to me. I enjoy putting my thoughts on paper
____ English, social studies, and history were easier for me in school than math and science
____ When I drive down a freeway, I pay more attention to the words on signs and billboards than the scenery
____ My conversation includes frequent references to things I’ve read or heard

LOGICAL

____ I can easily compute numbers in my head
____ Math and/or science were among my favorite subjects in school
____ I enjoy playing games or solving brainteasers that require logical thinking
____ I like to play or set up “what if” experiments
____ My mind searches for patterns, regularities, or logical sequences in things
____ I like finding logical flaws in things that people say and do at home and work
____ I feel more comfortable when something has been measured, categorized, or analyzed
____ I count, number, or categorize most things in my life easily and naturally

VISUAL

____ I often see clear images when I close my eyes
____ I enjoy doing jigsaw puzzles, mazes, or other visual puzzles/games
____ I can generally find my way around unfamiliar territory
____ I can comfortably imagine how something might appear if it were looked down on from a birds-eye view
____ I prefer looking at reading material if it has lots of illustrations
____ I do better with directions if I’m using a map than verbal turn-by-turn directions
____ I am more engaged in books, magazines, illustrations & television programs that are visually interesting
____ I have always thought of myself as a very visual person

PHYSICAL

____ I engage in at least one sport or physical activity on a regular basis
____ I find it difficult to sit still for long periods of time
____ I like working with my hands at activities where I get to create something or fix something
____ My best ideas often come to me when I’m outside or engaged in some activity
____ I frequently use hand gestures or other forms of body language when conversing
____ I need to touch things in order to learn more about them
____ I prefer to practice a new skill rather than simply read about it or watch a video
____ I am just a “hands-on” person. I enjoy learning about something by getting my hands on it

(over)
MUSICAL

- I can tell when a musical note is played off key
- I frequently listen to music
- I play one or more musical instruments
- My life would be poorer if there were no music in it
- I sometimes catch myself walking down the street with a familiar tune running through my mind
- I can easily keep time to a piece of music
- One of the ways I used to study for tests was by putting the items I wanted to memorize into a song
- I often make tapping sounds or sing songs or whistle while working, studying, or learning something

NATURAL

- I like to spend time outdoors
- I enjoy collecting objects from nature
- I know the scientific names of many plants and/or animals
- I love watching scientific shows on TV (*The Discovery Channel is one of my favorites*)
- My idea of relaxing is looking through a seed catalog or working in the yard
- My hobbies include taking care of plants or pets
- I could have easily been (or may be) a scientist
- I have an affinity to the natural world, and have always considered myself a student of nature

RELATIONAL

- I’m the sort of person that people come to for advice and counsel at work or in my neighborhood
- When I have a problem, I’m more likely to seek out another person for help rather than work it out alone
- I favor social pastimes such as Monopoly or Scategories or card games over solitary recreational activities
- I enjoy the challenge of teaching another person, or groups of persons, what I know
- I like to get involved in social activities connected with my work, church, or community
- I would rather spend my evening at a lively party or with friends than stay at home alone
- I have often been described as a “people person”, and I tend to agree with that assessment
- I love learning by discussing things with others. Open discussion with others stimulates my own thinking

REFLECTIVE

- I regularly spend time meditating, reflecting, or thinking about life or dealing with important issues
- I have a special hobby or interest that I keep pretty much to myself
- I have a realistic view of my strengths and weaknesses
- I would prefer to spend a weekend in a cabin somewhere than at a fancy resort surrounded by people
- I consider myself to be strong-willed and/or independent
- I keep a personal diary or journal to record the events of my life and/or my thoughts
- My friends and/or family might sometimes describe me as a bit of a loner
- Even in a lively discussion, I may never say a word, but I am thinking and learning

Now add up how many check marks you put under each learning style. Which are your preferred styles?

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- What does this likely tell us about the members of our Sunday School classes?
- How should this impact the way we prepare to teach?

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