

Name:

Learning Preference Inventory Activity

A learning preference inventory is a way to find out how you learn and think the best. Many theorists believe that there are multiple types of intelligences and that people learn in different ways. This is why you may prefer to keep notes as your teacher is speaking to refer back to later while someone else may rather focus all their attention on listening and does not like to look back at notes. Learning about your learning styles will help me cater my teaching to how you will best learn this year. More importantly, though, knowing your learning styles can help you in the future with studying and learning.

Please complete the two following learning inventories, write down your top categories, and follow the links to learn more about how to best learn based on your preferences.

Inventory 1: Learning Style: Visual, Auditory, Tactile

Mark the letter of the answer that most applies to you.

1. When being taught information, I do better when the teacher
 - A) Puts the information on the board
 - B) Reminds me about the information out loud
2. I would rather
 - A) Read a book or article
 - B) Listen to an audiobook or podcast
3. I remember a song better when I
 - A) Look up the lyrics
 - B) Hear it over and over
4. When preparing a speech, I tend to
 - A) Look over my notes until I know them well
 - B) Rehearse the speech out loud until I know it well
5. When planning to meet someone for coffee, I would rather
 - A) Make plans via text or email
 - B) Make plans in person or over the phone
6. When studying for a test, I would rather
 - A) Look at flashcards or diagrams
 - C) Write down the information over and over
7. When I don't know how to spell a word, I tend to
 - A) Write it down and see how it looks
 - C) Trace the letters out in the air
8. When learning how to play a new video game or board game, I learn by
 - A) Looking at the instructions or watching someone play
 - C) Sitting down and playing it
9. When I am studying, it is more distracting when
 - A) People walk past me, or there are bright lights or colors
 - C) My chair is uncomfortable, or I need to sit still
10. If I need to find my way home, I would rather
 - A) Use my phone to look up a map

- C) Drive around until I get there
11. When studying, I would rather
B) Have a friend quiz me out loud on the terms
C) Take practice tests and fill out study guides
12. When I hear music, I tend to
B) Listen to the words or sing along
C) Dance or move along with the beat
13. When I am learning someone's name, I remember best if I
B) Hear it a few times
C) Use it a few times
14. When learning to fix my vehicle, I would rather
B) Have someone explain it to me
C) Figure it out myself
15. To calm down, I would rather
B) Listen to music
C) Take a walk

Count up your totals:

A _____ (Visual)

B _____ (Auditory)

C _____ (Tactile)

Learn more about your highest result: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Source:

What's Your Learning Style? The Learning Styles. (2011). Retrieved from
<http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Inventory 2: Multiple Intelligences

Check the phrases that best apply to you and total them for each section. Read about the section with the highest total.

Linguistic

- I love reading books and articles
- I hear words in my head before I write or speak them
- I prefer to listen to audiobooks or podcasts than watch shows or movies
- I enjoy games like crosswords, scrabble, or words with friends
- I love puns, rhymes, and double meanings
- I prefer English, Social Studies, and History over Science
- I notice billboards and signs more than scenery as I drive
- I often refer to things I read or heard in conversations
- People know to go to me for the definitions of words or when they can't think of a word
- I wrote something recently that I was proud of or that was recognized

Total for Linguistic: _____

Logical/Mathematical

- I can quickly and easily compute numbers in my head (like tripling a recipe without writing it down)
- I enjoy math and science
- I like brainteasers and strategy games like chess, checkers, or sudoku
- I like to set up experiments to solve "what if" questions
- I notice structure, patterns, and sequences easily
- I often wonder how things work
- I believe there is a rational explanation for basically everything
- I can think in abstract, imageless concepts
- I can find logical flows in the ways people do or say things
- I feel more comfortable when things are quantified, measured, categorized, or analyzed in some way

Total for Logical/Mathematical: _____

Spatial

- When I close my eyes, I can see images clearly
- I respond to different colors differently
- I like to record or video my surroundings
- I enjoy mazes, jigsaw puzzles, or 3D images
- I have vivid dreams at night
- I am good at navigating unfamiliar places
- I like to doodle or draw
- I enjoy Geometry more than Algebra
- I can imagine what something would look like from a bird's-eye view
- I prefer reading things that have many illustrations or diagrams

Total for Spatial: _____

Bodily-Kinesthetic

- I enjoy playing sports or participating in physical activity
- I find it hard to sit still for the duration of an entire class period
- I enjoy hands-on activities like sewing, carving, welding, or working with cars
- I get ideas while I am doing physical activities, like walking
- I enjoy spending time outside
- I use hand gestures and dramatic body language when engaged in conversation
- I like to hold objects to learn more about them
- I believe I would enjoy dare-devil activities like bungee-jumping, roller coasters, or ziplines
- I am well-coordinated, and I rarely trip up the stairs
- To learn new skills, I need to do them rather than just reading about them or watching someone do them

Total for Bodily-Kinesthetic: _____

Musical

- I play at least one instrument (including singing)
- I can tell when a musical note is off-key
- I often listen to music
- I enjoy making up songs to go along with what I'm doing
- I sometimes imagine my life with a background track playing
- I often have at least one song in my head throughout the day
- I can keep time to a piece of music
- I know the melodies of several songs
- If I hear a song once or twice, I can usually repeat it without too much difficulty
- I often tap, whistle, hum, or sing when doing tasks

Total for Musical: _____

Intrapersonal

- I often spend time reflecting or thinking about important life questions
- I have attended retreats, read books, or watched YouTube videos to gain insight about myself and to grow as a person
- My opinions and views distinguish me from others
- I have a hobby or pastime that I do alone
- I have goals for my life that I strive for regularly
- I have a realistic understanding of my own strengths and weaknesses that is backed up by accurate feedback from others
- I would rather spend a weekend at a cabin than at a large resort with lots of people
- I am independent and strong-willed
- I keep a journal
- I am self-employed or have seriously considered starting my own business

Total for Intrapersonal: _____

Interpersonal

- People often come to me for advice
- I prefer team sports to individual sports
- I prefer to talk to other people to solve my problems rather than working them out alone
- I have at least three close friends
- I enjoy social pastimes like board games more than individual pastimes like solo videogames
- I enjoy the challenge of teaching people how to do things that I am good at
- I have been called a leader and consider myself one
- I am comfortable in a crowd of people
- I am involved in extracurricular activities, neighborhood events, or church groups
- I would rather spend a Friday or Saturday night with friends than relaxing at home

Total for Interpersonal: _____

Naturalistic

- I enjoy nature walks
- I spend time researching information about animals or plants
- The sound of rain, waves, birds, or other natural things calms me
- I like to sleep with the windows open or outside
- I enjoy camping in a tent
- I am not afraid of insects, though I may not enjoy them
- Sometimes what I really need is fresh air
- I don't mind the feeling of dirt under my fingernails
- I go out of my way to find time for fishing, sledding, or hiking
- I sometimes enjoy doing homework or reading outdoors

Total for Naturalistic: _____

Learn more about your highest result: <http://jeffcoweb.jeffco.k12.co.us/high/wotc/confli3.htm> or <http://www.literacynet.org/mi/practice/index.html>

Note: If your highest result was Naturalistic, use only the second recommended website.

Based on:

Multiple Intelligences Teacher Inventory. Retrieved from <http://jeffcoweb.jeffco.k12.co.us/high/wotc/confli3.htm>

Practice: Engaging the Intelligences. Retrieved from <http://www.literacynet.org/mi/practice/index.html>