

Learning Styles Questionnaire

STDY 80: Foundations for Success

Spring 2008

1. What is your current understanding of Learning Styles, i.e., visual-verbal, visual nonverbal, auditory, and kinesthetic? (Check the statement that applies to you.)

- I understand all of them
- I understand some of them
- I don't understand them

2. How do you use your preferred learning style(s) for school success? Give at least three examples.

Example: I am an auditory learner, so I tape my lectures and listen to them when I workout.

1. _____

2. _____

3. _____

4. _____

5. _____

