

Learning Strategies Survey

Mark the boxes you feel apply to your learning habits. You may want to make a note next to any suggestions that you have not tried before that you think might work for you!

Do you . . .		
<input type="checkbox"/> Remember much of what you hear, such as from conversations, TV, radio, music, or other sources?	<input type="checkbox"/> Forget verbally transmitted or spoken information easily unless it is paired with a visual of some kind?	<input type="checkbox"/> Find you are comfortable with taking social, mental, or educational risks while learning or exploring new concepts?
<input type="checkbox"/> Like group work because of the opportunity to talk with others about learning?	<input type="checkbox"/> Give close attention to the body language and facial expressions of others to help with learning and understanding?	<input type="checkbox"/> Like interaction in lessons that include games, argument or debating, or group brainstorms instead of “just listening”?
<input type="checkbox"/> Find reading aloud to be effective for learning and remembering?	<input type="checkbox"/> Draw pictures, mind maps, or brainstorming bubbles to represent ideas?	<input type="checkbox"/> Work well in groups or prefer group work for creative opportunities?
<input type="checkbox"/> Prefer to prepare speeches or presentations to demonstrate learning?	<input type="checkbox"/> Use visual clues or “triggers” to remember concepts or ideas?	<input type="checkbox"/> Enjoy problem-solving activities that have several “angles”?
<input type="checkbox"/> Prefer or enjoy whole-class discussions or class debates as a way of learning?	<input type="checkbox"/> Mentally “visualize” to keep track of new knowledge or experience, or to solve problems?	<input type="checkbox"/> Do well when you can apply or try new knowledge immediately?
<input type="checkbox"/> Find the use of a recording device or phone app more effective to take notes than writing them?	<input type="checkbox"/> Enjoy and learn from the visual interaction of field trips?	<input type="checkbox"/> Have difficulty maintaining focus while sitting and taking notes for long periods of time?
<input type="checkbox"/> Find musical jingles or other mnemonics helpful to remember knowledge or skills?	<input type="checkbox"/> Learn well from watching others to see what to do next when learning new things?	<input type="checkbox"/> Trace, outline, or doodle to maintain focus while listening?
<input type="checkbox"/> Remember significant concepts more effectively by dictating and being recorded?	<input type="checkbox"/> Use colours to underline or highlight important points in text?	<input type="checkbox"/> Enjoy hands-on learning, field trips, making models, or learning simulations?
<input type="checkbox"/> Find verbal analogies or storytelling helpful to demonstrate learned knowledge, skills, or experiences?	<input type="checkbox"/> Prefer to take notes by hand or ask for a copy of notes?	<input type="checkbox"/> Remember or learn best while doing something active, or moving while learning (chewing gum, standing, listening to music, etc.)?

<input type="checkbox"/> Find that ensuring you can always hear and speak clearly is important?	<input type="checkbox"/> Like writing stories and illustrating them?	<input type="checkbox"/> Often imagine yourself in some situation to address a learning concept properly?
<input type="checkbox"/> Find listening to music while working helpful for concentration?	<input type="checkbox"/> Do well with using digital technology and multimedia?	<input type="checkbox"/> Benefit from frequent study breaks to move around or “stretch”?
<input type="checkbox"/> Have strong listening and verbal skills?	<input type="checkbox"/> Enjoy and remember learning effectively from film, videos, or illustrated diagrams, charts, or demonstrations?	<input type="checkbox"/> Benefit from assigned leadership roles in learning situations?
<input type="checkbox"/> Remember concepts best if you have discussed or listened to lessons verbally, or you have used verbal games, puzzles, and explaining to others?	<input type="checkbox"/> Prefer or enjoy illustrated books more than text-only books?	<input type="checkbox"/> Benefit from “white noise” in background while studying or working?

After completing the chart with your preferences, do the following:

- Write your scores for each column in the appropriate box below.
- Identify your **two** highest scores.
- Read information about these **learning strategies** (auditory learner, visual learner, or kinaesthetic learner)

Did you learn some new ideas?

SCORES

Auditory Learner Traits	Visual Learner Traits	Kinaesthetic Learner Traits