



Recruitment and Training

Learning Styles Questionnaire

This questionnaire will help you to determine how you prefer to learn.

Questions	 Visual	 Auditory	 Kinaesthetic
When operating equipment for the first time I prefer to	Read the instructions	Ask someone to explain how to use it	Have a go and learn by trial & error
When needing travel directions I prefer to	Look at a map	Ask someone	Follow my nose & ask for directions if necessary
If I am teaching someone to do something I tend to	Write the instructions down or draw them a picture or diagram	Explain what to do	Demonstrate then let them have a go
When cooking a meal for the first time I tend to	Follow a recipe	Watch a TV programme or ask a friend	Get an idea of the recipe then follow my instinct
I find it easier to remember things by	Writing notes or making drawings or diagrams (often in colour)	Saying them out loud or getting someone to talk it over with me	Doing and practising an activity or imagining it being done
When asking someone about something new, I prefer them to	Show me	Tell me	Let me have a go
I tend to spend my free time	Watching TV	Talking to friends	Going out or making things
When I learn a new skill I prefer to	Watch the teacher	Talk through the skill with the teacher	Have a go

Visual Learner

If you are a visual learner, you learn by reading or seeing pictures. You understand and remember things by sight. You can picture what you are learning in your head, and you learn best by using methods that are primarily visual. You like to see what you are learning.

Auditory Learner

If you are an auditory learner, you learn by hearing and listening. You understand and remember things you have heard. You store information by the way it sounds, and you have an easier time understanding spoken instructions than written ones. You often learn by reading out loud because you have to hear it or speak it in order to know it.

Kinaesthetic Learner

If you are a kinaesthetic learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved.