

## Learning Styles Questionnaire

	A	B	C
When operating new 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 and error.
When seeking travel directions I . . .	Look at a map	Ask for spoken directions	Follow my nose and stop and ask for directions if necessary
To teach someone something I . . .	Write instructions or draw them a diagram/picture	Explain verbally	Demonstrate, then let them have a go
When cooking a new dish I . . .	Follow a recipe	Call a friend to tell me how to do it	Follow my instinct, adding what I think will taste good
I first notice how people . . .	Look and dress	Sound and speak	Stand and move
If I have to complain about faulty goods I . . .	Write a letter	'Phone	Go back to the shop to speak to someone and show them what the problem is
When I am concentrating I . . .	Focus on words or pictures in front of me or in my head	Discuss with myself what I am doing, either out loud or in my head	Move around a lot, fiddle with things and touch unrelated objects

I remember things best by . . .	Writing notes or making diagrams/charts (often in colours) or keeping printed details	Saying them aloud or repeating words and key points in my head or getting someone to talk it over with me	Doing and practising the activity or imagining it being done
I think I can tell if someone is lying because . . .	They avoid looking at you	Their voice changes	Of the vibes I get from them
I tend to say . . .	I see what you mean	I hear what you are saying	I know how you feel
When asking about something new, I like someone to . . .	Show me	Tell me	Let me have a go
When I first contact a new person . . .	I like to meet them face to face	I prefer to talk to them on the telephone	I try to meet up with them to share an activity
When I am very angry . . .	I keep replaying in my mind what it is that has upset me	I shout a good deal and tell people how I feel	I stamp about, slam doors and throw things
When I meet someone I . . .	Smile and look into their eyes	Speak to them	Hug them or shake hands
When I learn a new method in ringing I . . .	Visualise the blue-line	Keep reciting the order of work to myself	Have a quick look at it but know I won't remember it until I've rung it a few times