**LEARNING STYLE TEST.**

ALMOST ALWAYS-AA/ SOMETIMES-S / ALMOST NEVER- AN

 **AA S AN**

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1. I remember information listening to a

Presentation that includes explanations

and a discussion. - - -

2. I prefer to see information written on a board

and complemented with videos, visual helps and

adviced readings. - - -

3. I like to write thing and notes to revise the materials

Visually afterwards. - - -

4. I prefer to use behavioural examples

or role plays to learn things. - - -

5. I need explanations in diagrams

or graphs. - - -

6. I like working with my hands

or do things myself. - - -

7. I am a Good painter and I enjoy developing

Drawings and graphs. - - -

8. I can remember if two sounds are matched when

Presented in pairs . - - -

9. I can remember the things when I write them

a few times. - - -

10. I can easily undertand and follow

the instructions in a map. - - -

11. I study more effectively new subjects

Listening to audiobooks, conferences or podcasts - - -

12. I like playing about with coins or the keys

In my pocket. - - -

13. I learnt to spell more effectively by

repeating the words out loud rather

than writing them in paper. - - -

14. I understand a written article better

reading it in a newspaper rather than listening

about it in the radio or a podcast. - - -

15. I chew gum, smoke, and I like eating

whilst studying . - - -

16. I think the best way to remembering

something is imagining it in your brain - - -

17. I learnt word spelling

 "spelling it with the fingers". ??? - - -

18. I prefer to listen to a Good conference

or speech on TV that reading the same material

in a text book . - - -

19. I am Good working and solving

puzzles. - - -

20. I like to have something in my hands whilst

attending conferences and classes. - - -

21. I prefer to listen to the news on the radio

rather than reading it on a newspaper. - - -

22. I prefer to obtain information about an interesting

Subject reading about it. - - -

23. I feel very comfortable with touch,

I like to give hugs and shake hands, etc… - - -

24. I find easier to follow oral instructions

Better than written ones. - - -

**SCORING PROCESS:**
Put the value of the scores in the boxes that belong to each question. Add all the scores in each column to calculate your preferred learning style.

Almost Always 5 points

Sometimes 3 points

Almost Never 1 point

|  |  |  |
| --- | --- | --- |
| **VISUAL STYLE** | **AUDIBLE STYLE** | **KINESTETIC STYLE** |
| QUESTION | POINTS | QUESTION | POINTS | QUESTION | POINTS |
| 2 |  | 1 |  | 4 |  |
| 3 |  | 5 |  | 6 |  |
| 7 |  | 8 |  | 9 |  |
| 10 |  | 11 |  | 12 |  |
| 14 |  | 13 |  | 15 |  |
| 16 |  | 18 |  | 17 |  |
| 19 |  | 21 |  | 20 |  |
| 22 |  | 24 |  | 23 |  |
| TOTAL |  | TOTAL |  | TOTAL |  |

**EXERCISES:**

Write positive affirmations for the following limiting beliefs.

* I don’t like people.
* I am not good at anything.
* I don’t deserve to be loved.
* I will never get a promotion at work.
* My team will never accept me.
* Everyone hates me or despises me.

Now, check the Wheel of Life and write down a problem that you currently have with someone

Can you describe the problem?

How is the person that you have this problem with?

How do you feel about this problem?

Write down all the negative answers you have given to the last three questions and transform them into positive affirmations.

Share with your exercise partner.