

Self-Assessment Activity: Identifying Your Dominant Learning Style



Instructions:

This self-assessment activity is designed to help you discover your dominant learning style. Consider each question thoughtfully and choose the response that best reflects your natural learning preferences. Be honest with yourself and remember that there are no right or wrong answers. The goal is to gain insight into how you process and retain information. At the end of the activity, tally your responses to determine your dominant learning style.

1. When you are trying to remember a new phone number, do you:

- a) Visualize the numbers in your mind
- b) Repeat the numbers aloud to yourself
- c) Write the numbers down and trace them with your finger

2. When learning a new skill, such as cooking or playing a musical instrument, do you prefer:

- a) Watching someone demonstrate the skill before attempting it yourself
- b) Listening to instructions on how to perform the skill
- c) Jumping in and practicing the skill hands-on

3. In a classroom setting, do you find it most helpful to:

- a) Use diagrams, charts, and visual aids to understand new concepts
- b) Listen to the teacher's explanations and participate in class discussions
- c) Engage in activities and experiments to learn through experience

4. When recalling important information, do you tend to:

- a) Picture written notes or visual cues in your mind
- b) Remember what was said or discussed
- c) Recall physical sensations or movements associated with the information

5. During your leisure time, do you enjoy activities such as:

- a) Creating art, watching movies, or looking at photographs
- b) Listening to music, podcasts, or engaging in conversations
- c) Participating in sports, dancing, or other physical activities

Scoring:

For each question, give yourself one point if you chose mostly "a" responses, two points for mostly "b" responses, and three points for mostly "c" responses. Add up your points to determine which learning style you lean towards the most.

Interpreting Your Results:

- 5-7 points: You may have a dominant visual learning style
- 8-10 points: You may have a dominant auditory learning style
- 11-15 points: You may have a dominant kinaesthetic learning style

Please note that this self-assessment is not definitive, but rather a starting point to help you understand your learning preferences. Understanding your dominant learning style can aid in developing effective study techniques tailored to your individual needs.