

Work Card No.1: Learning styles

1. Do you like activities that require you to complete a task or do something?

When ...	A	B	C
you spell a given word	Trying to see that word?	Do you use phonetics?	write down a word to see if it "seems" right to you?
you visualize ...	See vivid, detailed images?	Can you hear related sounds?	See images of movement?
you concentrate	Are you distracted by clutter or visual stimulus?	Are you distracted by sounds or noises?	Are you distracted by movement?
You are bad....	Are you silent?	Do you express it verbally?	Are you running away, clenching your teeth and fists?
you forget about someone...	Do you forget the name and remember the face?	Do you forget your face and remember the name?	do you only remember what you or someone else did?
you talk to people ...	Do you talk sparingly and don't like to listen for too long?	Nice to listen to someone, but you can't wait to talk?	Do you gesture and use expressive movements?
you contact people for business purposes ...	Do you prefer direct, personal face-to-face meetings?	Prefer to talk on the phone?	Do you talk to people while walking or while doing something?
Reading....	Do you like descriptive scenes, and pause to visualize the action?	Do you like dialogues and conversations, and do you "hear" characters talking?	Do you prefer action stories?
you learn new information, you remember the most of it	looking at photos explaining a given concept?	while listening to a lecture?	doing a case study?
you are taking part in training...	Do you like painting activities?	Do you like classes that require discussion with other participants?	Do you like classes that require discussion with other participants?

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Count the number of selections in each column.

Write down these numbers below.

A. _____ B. _____ C. _____

2. The column in which the most items are circled indicates your dominant learning style.

3. The columns correspond to the learning styles as follows:

Column A = Visual

Column B = Auditory

Column C = Kinesthetic