

Tick each statement that seems like you, most of the time

1. _____ I tend to write a lot down.
2. _____ I hear myself thinking.
3. _____ I notice little things in TV adverts.
4. _____ I enjoy looking at maps of things.
5. _____ I like to go to the gym or exercise regularly.
6. _____ I like to curl up on the couch.
7. _____ I have good physical coordination.
8. _____ I dislike clutter.
9. _____ I notice when my bed is warm, soft and clean.
10. _____ I prefer audio books than having to read them.
11. _____ When shopping, I feel the fabric of clothes and hold items in my hands a lot.
12. _____ I like listening to talk shows in the car, not just music.
13. _____ I like watching people go by when I'm looking out of a window.
14. _____ I keep a diary.
15. _____ When I sit down, I notice if the chair is comfortable or not.
16. _____ When I buy clothes I make sure they feel nice on my skin.
17. _____ I gain weight easily.
18. _____ I sit up straight, and stand up straight.
19. _____ I like to cuddle animals like cats and dogs.
20. _____ I read aloud when preparing for tests.
21. _____ I usually sit or stand with my shoulders rolled forward, arms crossed.
22. _____ Lots of things rattle around in my head.
23. _____ I look for the 'bigger picture' when learning a new topic, I ask what's it all about.
24. _____ I often make decisions according to my gut instincts.
25. _____ I like to keep my room as clean and tidy as possible.
26. _____ I can make maps in my mind of my journey to school.
27. _____ I can hum most tunes in my mind.
28. _____ I can't sleep in a new place with strange noises.
29. _____ I make a lot of lists.
30. _____ I prefer to listen to the radio for news rather than read a newspaper.
31. _____ I think It's important not to feel too hot or too cold.
32. _____ When introduced to new people, I say their name "Oh hi Amy".
33. _____ I enjoy reading.
34. _____ I go to lots of films and like watching DVD's.
35. _____ I can remember the scenes in a movie as moving pictures easily.
36. _____ I don't like it when it's noisy during tests.
37. _____ I might say "It all clicked into place"
38. _____ I base my first impressions of people on what they say.
39. _____ I often close my eyes when I'm really listening to music.
40. _____ I "just know" when things are right or not, without really knowing why.
41. _____ I pay attention to how I'm feeling.
42. _____ I can imagine what things look like easily.
43. _____ I tap my pencil or click my fingers when I'm bored or listening to music.
44. _____ I spend a lot of time outdoors and like nearly all kinds of weather.
45. _____ I get really annoyed if the person in front at the cinema is getting in my view.
46. _____ I would rather read directions and look at a map, than have someone explain it.
47. _____ I would rather have some one explain it, than read the directions.
48. _____ Some people think I talk too much.
49. _____ I'd rather play sports, than be a spectator.
50. _____ I can not sit still for a long time without moving and fiddling and stretching a lot.
51. _____ I notice very slight accents right away.
52. _____ I could learn more by recording lessons on my MP3, instead of writing notes.
53. _____ I often find myself tilting my head to one side or the other while listening.
54. _____ I notice if the classroom or my house or my room is really messy.

Now work out if you have a more V A or K learning style

If you gave a question number a tick, circle it or tick that question in this table here. Lastly, add up all the V's A's and K's you got and put the totals below.

1. V	7. K	13. V	19. K	25. V	31. K	37. A	43. K	49. K
2. A	8. V	14. V	20. A	26. V	32. A	38. A	44. K	50. K
3. V	9. K	15. K	21. K	27. A	33. V	39. A	45. V	51. A
4. V	10. A	16. K	22. A	28. A	34. V	40. K	46. V	52. A
5. K	11. K	17. K	23. V	29. V	35. V	41. K	47. A	53. A
6. K	12. A	18. V	24. K	30. A	36. A	42. V	48. A	54. V

List your scores below:

V = _____ V means _____

K = _____ K means _____

A = _____ A means _____

How does this help with school?

All the information that you have to learn is communicated to you in 1 of three ways

1. In a visual way in the form of pictures or diagrams
2. In an auditory way in the form of speaking and listening
3. In a kinaesthetic way in the form of doing something physical in the activity

Because we are constantly bombarded with information even as you walk along the street (adverts, the sound of cars, children crying, styles of cars, the feel of the pavement and the temperature of the air for instance) each person has a way of filtering out most of that information. Although they may not know it most people develop a favourite way of taking in information. This is your preferred learning style, it is the way that you will take in new information most easily, most quickly and you will remember it best. However, because we can't tell teachers how to teach us, we all have to be adaptable to the other learning styles. Think of it as a Wimbledon tennis player, Tim Henman won't just be good at his serve, but also his fore-hand, back-hand and drop shot if he's going to win the game...your game is getting good grades. To get those good grades, you need to know all the different ways of learning: visual, auditory and kinaesthetic and then to use your best learning style when you're revising for tests and exams. You're the one in control of how well you learn, you can't rely on the teachers, you have to take it on yourself and learn the way that's best for you, I've written some tips for you below....

Revision tips for all learning styles:

For visual learners:

- Underline important notes & use a highlighter, only highlight bits, not the whole lot
- Change your words & sentences into pictures, mind maps, symbols, diagrams and charts, anything that has shape and colour. Use key words not sentences.
- Use coloured pens and coloured paper to make your notes on. You'll remember the colour then the text. Make it look appealing.
- When revising, redraw your diagrams and pictures again and again
- Practice turning your diagrams and pictures back into words
- Leave lots of white space around your notes so that they make patterns
- Replace words with symbols or initials, use txt language and abbreviations
- Make your notes into posters and put them on the wall in your bedroom, ceiling, stairs, look for you to look at and absorb without even knowing it.

For Auditory learners:

- Discuss what you are learning with your friends when you're in the lesson
- Reduce your notes to short sentences that you can read & repeat to yourself
- Explain your ideas to other people, friends who are struggling or parents, brother and sisters, the cat! This will help you understand things and remember them.
- Record notes onto CD or Mp3 or computer and play it back to yourself. Put jokes and little snippets of music on there too and you'll remember what came after it.
- Remember the interesting examples, stories or jokes to do with the subject
- Describe what you have learnt to someone that wasn't there, parent,
- Make your notes into a poem or song or rhyme that you can say to yourself
- Write down what you "hear" in your head as you remember your revision

For Kinaesthetic learners:

- Turn your notes into cards or post it notes, to revise rearrange them into order
- Use examples all the way through your notes. Use case studies and "real-life" examples of what the subject means to you, make up stories about the subject involving people you know
- Work with another person and make models of stuff with them, test each other
- Use pictures and photographs to illustrate points. Draw them or get them off the web and stick them onto the relevant notes, like a collage.
- Make models of anything you can then label it with sticky notes, for the revision bit, take the post it's off and try to stick them all on again.
- Use physical actions to remember information, walk up and down the stairs reciting times tables or make up a song with actions for the words you need to remember.

