

# Learning Styles Quiz – *For the Parent*

This quiz was designed to help you determine your natural learning style. To determine the learning style of your child, complete the opposite side.

Circle all answers that apply.

1. **I like any place where:**
  - a. There are things to see and people to watch
  - b. There is music, conversation or quiet
  - c. There is room to move
2. **When I solve problems, I...**
  - a. Keep looking at alternatives until the pieces come together
  - b. Talk about new approaches until something clicks.
  - c. Fit possibilities together until I get a feeling of balance.
3. **When talking to someone, I...**
  - a. Try to watch their body language to see what they are saying.
  - b. Listen closely so I can hear what they have to say
  - c. Try to get in touch with what they are saying
4. **When I have many things to do, I ...**
  - a. Make lists for myself, or imagine making them
  - b. Keep reminding myself that I have things to do.
  - c. Feel uncomfortable until all or most of the things are done
5. **I enjoy books or magazines that...**
  - a. Have lots of pictures.
  - b. Discuss interesting topics
  - c. Cover sports, activities or crafts
6. **When finding my way around a new city, I tend to...**
  - a. Use a map
  - b. Ask for directions
  - c. Trust my feelings about which way to go.
7. **I learn most easily when I....**
  - a. See someone demonstrate what to do
  - b. Get verbal instructions
  - c. Get a “hands-on” experience
8. **What I notice most about people is...**
  - a. How they look and dress
  - b. How they sound when they talk
  - c. How they move
9. **When I have leisure time, I prefer to....**
  - a. Watch TV or a video or go to the movies
  - b. Listen to music or the radio or read books
  - c. Do something athletic, physical or using my hands

**Count all the “a”, “b” and “c” answers. Mostly “a” answers indicate a Visual learning style. Mostly “b” answers indicate an auditory learning style. Mostly “c” answers indicate a Kinesthetic learning style.**

# Learning Styles Quiz – *For the Child*

This quiz was designed to help you determine your Child's natural learning style. To determine your learning style, complete the opposite side.

Circle all answers that apply.

**1. When my child is learning something new, he/she...**

- a. Says "show me".
- b. Needs to listen and/or talk it through.
- c. Gets his or her hands on it.

**2. The activities my child enjoys the most are...**

- a. Playing computer games or watching videos
- b. Listening to the radio, CD or tapes.
- c. Outdoor games and sports.

**3. My child expresses his/her feelings by...**

- a. Making facial expressions.
- b. Talking about them
- c. Using touch or body movements

**4. When placed in an unfamiliar setting, my child ...**

- a. Warms up slowly
- b. Joins right in.
- c. Relates to others with his or her body instead of words.

**5. As a baby, my child...**

- a. Especially enjoyed looking at things.
- b. Babbled a lot
- c. Often needed to be held

**6. My child's personality can be best described as...**

- a. Not very emotional outwardly
- b. Very dramatic, enjoys having an audience
- c. Sensitive, with easily hurt feelings.

**7. My child is easily distracted by....**

- a. Color and movement
- b. Voices and music.
- c. Movement and sounds

**8. My child prefers...**

- a. Looking at things, being an observer
- b. Listening and talking
- c. Touching things, engaging in activities involving movement

**9. The skills that are strongest in my child are his/her....**

- a. Fine motor skills (i.e. holding small pieces, coloring, etc).
- b. Ability to follow directions
- c. Eye-hand coordination

**Count all the "a", "b" and "c" answers. Mostly "a" answers indicate a Visual learning style. Mostly "b" answers indicate an auditory learning style. Mostly "c" answers indicate a Kinesthetic learning style.**

# Maximize your Child's Learning Potential

## *Hints and Tips for Parents*

### **Q. Now that I've discovered my child's learning style, what's next?**

- A.** Discovering your child's learning style can open up a world of richer learning opportunities and stronger family communication. For example, if you've just found out that your child is Auditory, encourage her love of noise-making toys by setting aside more time for the two of you to make music together. (Pots and pans are terrific instruments!) When problems arise, sit down together and talk things through. Auditory learners are often great listeners. They also need to hear that they are special! So, be sure to tell her you love her often.

If you've found that your child is Kinesthetic, be sure and provide lots of hands-on activities – from finger painting to playing tag in the backyard. When it comes to homework, think tactile. Kinesthetic kids are best able to understand when they can get their bodies involved with the task at hand. For example, young tactile learners are more apt to learn the alphabet by feeling letter-shaped blocks in addition to hearing sounds and seeing letter shapes. Also, in addition to telling your kinesthetic child you love her, show her with lots of cuddles and hugs.

If your child is Visual, you can help her with homework by using charts and flash cards. When communicating with her, remember that she learns through her eyes. For example, maybe you have been telling her all week to make her bed and she's still not doing it. Next time, take her into her room and start actually making the bed as you tell her. Giving her visual cues helps the message sink in! Visual children also need visual reminders that you love them. A couple of love-notes in the lunch box or a snack arranged into a smiley face can mean a lot to a visual child!

### **Q. How can I make sure my child's learning style is being encouraged at school?**

- A.** Visit your child's classroom and observe some of the lessons. Ideally, there should be a mix of visual, auditory and kinesthetic lessons. If not, bring it up with his teacher. Explain what works best for your child. For example, "My son learns kinesthetically. Is there some way we could make his math lessons more hands-on?"

### **Q. Based on her learning style, are there certain family outings my child will like more than others?**

- A.** It's a great idea to use your child's learning style as a guide for family outings! If your child is kinesthetic, she may not appreciate a "look but don't touch" place like an art gallery as much as a visual child would. However, she may really enjoy going to the park and taking nature hikes and camping trips. Likewise, a Visual child may enjoy visits to art museums, planetariums and special buildings, but she may not be as attracted to a hands-on adventure like a horseback ride. And, an Auditory child may love concerts, children's operettas and musicals more than the other two types of learners would. However, continue to introduce new adventures that you think your child may enjoy – even if they don't exactly fit her learning style. Try many different things and let her tell you which ones she especially likes.

**Q. I can't decide whether my child is a Visual or Auditory learner. He seems to excel in both areas.**

**A.** The fact is, each of us is a mixture of all three learning styles: Visual, Auditory, and Kinesthetic. While most of us have a single predominant learning style, a few of us are strongest in more areas than one. Keep encouraging both of your child's learning styles. Offer him products that develop both his visual and auditory natures. There's nothing wrong with a child who can learn equally well in two different ways!

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**Amanda Larson, Discovery Toys Play Advisor**

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