

## Learning Style Inventory

This chart will help you determine your Learning Style. Read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but one column will likely contain the most answers. The dominant column indicates your primary Learning Style.

Knowing your Learning Style and utilizing your Learning Style will help you learn material faster and conquer difficult material. It can also be a factor to consider when determining a career path.

If you have already taken this Inventory either when you reviewed the Welcome to Coaching document or at another time, you do not need to take it again, just provide me with the results if I don't have them.

When you..	Visual	Auditory	Kinesthetic & Tactile
<b>Spell</b>	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
<b>Talk</b>	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see</i> , <i>picture</i> , and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear</i> , <i>tune</i> , and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel</i> , <i>touch</i> , and <i>hold</i> ?
<b>Concentrate</b>	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
<b>Meet someone again</b>	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
<b>Contact people on business</b>	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
<b>Read</b>	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
<b>Do something new at work</b>	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
<b>Put something together</b>	Do you look at the directions and the picture?		Do you ignore the directions and figure it out as you go along?
<b>Need help with a computer application</b>	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?

## **Careers that Utilize Specific Learning Styles**

Find your dominant Learning Style below and review the list of careers or businesses that correlate with your Learning Style. Note any careers that interest you and let me know to add it/them to your Career Matrix (Excel Spreadsheet) or add it/them yourself, if you are filling in your Career Matrix.

### **Auditory**

Musician  
Music Teacher  
Call Center Operator  
Quality Auditor for a Call Center  
Call Center Supervisor  
Record Producer  
Music Arranger/Composer  
Music Historian  
Sound Editor  
Public Speaker  
Foreign Language Interpreter  
Foreign Language Teacher  
English as a Second Language (ESL) Teacher  
Ornithologist  
Speech Pathologist  
Writer

### **Visual**

Architect  
Museum Administrator  
Art History Professor  
Air Traffic Controller  
Cartographer  
Auto Claims Examiner  
Real Estate Appraiser  
Real Estate Agent  
Pilot  
Interior Designer  
Quality Inspector  
Retail Merchandiser  
Fashion Designer  
Photo Journalist  
Event Photographer

Magazine Publisher

**Kinesthetic**

Mechanic

Mechanical Engineer

Fireman

Policeman

Furniture Maker / Carpenter

Gardener

Landscape Designer

Construction Worker

Car Detailer

Dentist

Surgeon

Physical Therapist

Occupational Therapist

Hair Dresser

Chef

Baker

Farmer

Forest Ranger

Jeweler

Athlete

Physical Education Teacher

Activity Director