

Understanding the Learning Styles Worksheet

A Practical Guide to the 8 Ways People Learn Best



UNDERSTANDING THE LEARNING STYLES WORKSHEET

Do you have something you need to learn? Use this worksheet to help you devise a plan to get the knowledge you need in the most effective, enjoyable way for your learning style.

If you use learning methods that cater to your style of learning, you'll learn the material much quicker and with a greater understanding of the concepts.

Which style of learner are you? Use the checklist and the eBook to help you determine your preferred learning style.

- ☐ Auditory or Musical Learner
- ☐ Visual or Spatial Learner
- ☐ Linguistic Learner
- ☐ Mathematical or Logical Learner
- ☐ Social or Interpersonal Learner
- ☐ Solitary or Intrapersonal Learner
- ☐ Bodily or Kinesthetic Learner
- ☐ Naturalist Learner

Using what you've learned in the book, what teaching methods work best for you? Why?

What do you like to learn? Why?

Research where you can find information in the formats that work best for you.

Ideas:

1. Internet – eBooks, videos, audio books, podcasts, webinars, forums, informative websites
2. Library, Bookstore, Community College, University
3. Seminars, Conferences, Mentorships, On-the-Job Training
4. Groups or Independent Study

Course, Program, or Book	Source	Contact Info, Notes
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