

## O4 – Toolkit – Learning styles section – Annex 2

### Check out your own learning style preferences based on Gardner's multiple intelligences model

Score between 0 and 3 for each of these statements

0 = This does not represent me at all

3 = This statement strongly represents me

No	Statement	Score
1	I am able to explain topics which are difficult and make them clear	
2	I have a good sense of direction	
3	Charts, diagrams, visual displays are important for my learning	
4	I always do things one step at a time	
5	I am sensitive to the moods and feelings of those around me	
6	I have a good sense of balance and enjoy physical movement	
7	I keep or like pets or other domestic animals	
8	I need to see something in it for me before I want to learn something	
9	I am enjoy being outdoors and am comfortable there	
10	I learn well from talks, lectures and listening to others	
11	I learn best when I have to get up and do it for myself	
12	I can pick out individual instruments in complex musical pieces	
13	I enjoy crosswords and logical problems	
14	I have a natural ability to sort out arguments between friends	
15	I remember things like telephone numbers	
16	I enjoy working or learning independently	

### Scoring

Transfer the outcomes (i.e. how many points you scored for each statement listed) to the listed learning styles and see what you've scored. For example: for interpersonal learning style see your score for statement 5 and 14. Add them up and see if it's among the first three scores.

Statements	Total score
Interpersonal 5, 14	
Intrapersonal 8,16	
Linguistic 1, 10	
Mathematical and logical 4, 13	
Visual and Spatial 2, 3	
Kinaesthetic 6, 11	
Musical 12,15	
Naturalist 7, 9	

This will give you an indication of your perceived learning styles. Add up your scores you gave yourself for each statement.

### Look at your top three preferences

Does this fit with your own feelings about your learning preferences?

How have you experienced these learning styles before?

Is there anything you should change as a result of what you have just find out in regards to your prior learning activities?

### Visual and spatial learners

You have very good visual recall and will be able to remember scenes, objects or faces for many years. You like visually presented information such as charts, pictures, images, keywords display, memory and concept mapping.

### Verbal and Musical learners

You have good auditory recall and will be able to rehearse or anticipate situations by “hearing” them played out in your head. You respond well to a variety of sounds including environmental sounds, music and the human voice. You will enjoy sound effects, storytelling, and music in a museum, gallery or archive.

### Kinesthetic learners

You can use your body in highly differentiated and skilled ways. You will learn best by doing, where physical movement aids memory. Many boys are kinesthetic learners and respond well to interactive exhibits and opportunities to feel, touch and handle, use computers and make things. You may be restless and like to move about during learning activities.

### Interpersonal learners

You are able to understand and work with others. You respond quickly to changes in mood and adjust your behaviour accordingly. You enjoy discussions and group work. You are good at giving and receiving feedback.

### Intrapersonal learners

You are self-motivated and have a high degree of self-knowledge. You like time for quiet reflection and the opportunity to develop your thoughts and express these. You enjoy spending time alone in a museum, archive or library, researching, thinking and reflecting on the experience.

### Linguistic learners

You are sensitive to the meaning of words, to their order, their sounds, rhythm and inflection, and to their capacity to change mood, persuade or convey information. Many of the learning opportunities in museums, archives and libraries will appeal to your particular learning intelligence. Many of the people who are attracted to work in museums, libraries and archives will be linguistic learners.

### Mathematical/logical learners

You are a problem solver and can construct solutions non-verbally. You readily see patterns and relationships in the world around you. You like information to be sequenced in a logical order and to make strong connections between concepts. Your particular learning style responds well to traditional teaching methods.

### Naturalist learners

You enjoy being outside and notice patterns and rhythms in nature. You will have a strong sense what is fair and want to think through the impact of your actions on those around you. You enjoy spaces that are airy with natural light, and you appreciate the opportunity to spend some time outside the building as part of your learning activities.