



UNDERSTANDING  
THE  
LEARNING STYLES  
WORKSHEET

# 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?**

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**What do you like to learn? Why?**

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**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

<b>Course, Program, or Book</b>	<b>Source</b>	<b>Contact Info, Notes</b>
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