



Learning Styles Questionnaire

Instructions: For each statement below, indicate how much you agree by selecting the number that best represents your preference:

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

Visual Learning Style

1. I prefer to see information written on the board, charts, or diagrams.
2. I remember information better when it is presented with pictures.
3. I like to use color coding to organize my notes.
4. I find it easier to learn from videos and visual presentations.
5. When recalling information, I can picture the page or visual in my mind.

Auditory Learning Style

6. I learn best when I listen to lectures or discussions.
7. I remember things better if I say them out loud.
8. I enjoy participating in group discussions and debates.
9. I find it helpful to use mnemonic devices or jingles to remember information.
10. I prefer listening to audiobooks over reading text.

Reading/Writing Learning Style

11. I prefer to learn by reading textbooks, articles, and other written materials.
12. I like to take detailed notes during lectures or while reading.
13. I find it easier to understand written instructions than verbal ones.
14. I enjoy expressing my ideas through writing.
15. I often turn spoken information into written form to better understand it.

Kinesthetic Learning Style

16. I learn best through hands-on activities and experiments.
17. I remember things better when I am physically active during learning.
18. I prefer to practice or simulate a task to learn it.
19. I find it difficult to sit still for long periods while studying.
20. I use gestures and movements to help explain or remember information.

Date:

Name: