

DISCOVER YOUR LEARNING STYLE



VISUAL (Spatial)

WHO AM I?

I prefer to use images, pictures, colours, and maps to organise information and communicate with others. I tend to be a fast talker and need quiet time to study.



LOGICAL (Mathematical)

WHO AM I?

I like using my brain for logical and mathematical reasoning. I can recognise patterns easily, as well as connections between seemingly meaningless content. I classify and group information to help me learn or understand it.



AURAL (Auditory-Musical)

WHO AM I?

I prefer using music and sound to learn. I'm a natural listener, I tend to repeat things out loud and I prefer hearing information rather than reading it.



VERBAL (Linguistic)

WHO AM I?

I find it easy to express myself, both in writing and verbally. I love reading and writing and enjoy playing on the meaning or sound of words, such as in tongue twisters, rhymes and limericks.



SOCIAL (Interpersonal)

WHO AM I?

I enjoy learning by bouncing my ideas around with other people and listening to how they respond. I prefer to work through issues, ideas and problems with a group and I thoroughly enjoy working with a 'clicking' or synergistic group of people.



SOLITARY (Interpersonal)

WHO AM I?

I am a private, introspective and independent person. I can concentrate well on my own and do not rely on others for help when solving a problem or studying.



PHYSICAL (Kinesthetic)

WHO AM I?

I learn best when I am moving, doing or touching. I express myself through movement and have great hand-eye coordination. I find it hard to sit still for long periods of time and may become distracted.