

Learning Styles Questionnaire



Learning Styles Questionnaire

Have a go at completing the learning styles questionnaire below. Even if you have completed one of these questionnaires in the past you may find that your preferred learning styles have changed over time.

This questionnaire is designed to find out your learning style(s). Over the years you have probably developed learning habits that help you to benefit more from some experiences than from others. The questionnaire will help you pinpoint your preferences so that you are in a better position to select learning experiences that suit your style.

This questionnaire will probably take about 15 minutes. The accuracy of the results depends on how honest you can be. There are no right or wrong answers. If you agree with a statement put a tick by it (✓). If you disagree more than you agree put a cross by it (X). Be sure to make each item by a tick or cross.

When you have completed the questions use the scoring sheet to categorise your answers.

<input type="checkbox"/>	1.	I have strong beliefs about what is right and wrong, good and bad.
<input type="checkbox"/>	2.	I often 'throw caution to the wind'.
<input type="checkbox"/>	3.	I tend to solve problems using a step-by-step approach; avoiding any 'flights of fancy'
<input type="checkbox"/>	4.	I believe that formal procedures and policies cramp people's style.
<input type="checkbox"/>	5.	I have a reputation for having a no-nonsense, 'call a spade a spade' style.
<input type="checkbox"/>	6.	I often find that actions based on 'gut feeling' are as sound as those based on careful thought and analysis.
<input type="checkbox"/>	7.	I like to do the sort of work where I have time to leave no stone unturned'
<input type="checkbox"/>	8.	I regularly question people about their basic assumptions.
<input type="checkbox"/>	9.	What matters most is whether something works in practice.
<input type="checkbox"/>	10.	I actively seek out new experiences.
<input type="checkbox"/>	11.	When I hear about a new idea or approach I immediately start working out how I can use it in practice.

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<input type="checkbox"/>	12.	I am keen on self-discipline such as watching my diet; taking regular exercise, stick to a fixed routine.
<input type="checkbox"/>	13.	I take pride in doing a thorough job.
<input type="checkbox"/>	14.	I get on best with logical, analytical people and less well with spontaneous, 'irrational' people.
<input type="checkbox"/>	15.	I take care over the interpretation of data available to me and avoid jumping to conclusions.
<input type="checkbox"/>	16.	I like to reach a decision carefully after weighing up many alternatives.
<input type="checkbox"/>	17.	I'm attracted more to novel, unusual ideas than to practical ones.
<input type="checkbox"/>	18.	I don't like loose ends' and prefer to fit things into a coherent pattern.
<input type="checkbox"/>	19.	I accept and stick to laid down procedures and policies so long as I regard them as an efficient way of getting the job done.
<input type="checkbox"/>	20.	I like to relate my actions to a general principle.
<input type="checkbox"/>	21.	In discussions I like to get straight to the point.
<input type="checkbox"/>	22.	I tend to have distant, rather formal relationships with people at work.
<input type="checkbox"/>	23.	I thrive on the challenge of tackling something new and different.
<input type="checkbox"/>	24.	I enjoy fun-loving, spontaneous people.
<input type="checkbox"/>	25.	I pay meticulous attention to detail before coming to a conclusion.
<input type="checkbox"/>	26.	I find it more difficult to come up with wild, off-the-top-of-the-head ideas.
<input type="checkbox"/>	27.	I don't believe in wasting time by 'beating about the bush'.
<input type="checkbox"/>	28.	I am careful not to jump to conclusions too quickly.
<input type="checkbox"/>	29.	I prefer to have as many sources of information as possible - the more data to mull over the better.
<input type="checkbox"/>	30.	Flippant people who don't take things seriously enough usually irritate me;

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<input type="checkbox"/>	31.	I listen to other people's point of view before putting my own.
<input type="checkbox"/>	32.	I tend to be open about how I'm feeling.
<input type="checkbox"/>	33.	In discussions I enjoy watching the manoeuvrings of the other participants.
<input type="checkbox"/>	34.	I prefer to respond to events on a spontaneous, flexible basis rather than plan things out in advance.
<input type="checkbox"/>	35.	I tend to be attracted to techniques such as network analysis, flow charts, branching programmes, contingency planning, etc.
<input type="checkbox"/>	36.	It worries me if I have to rush out a piece of work to meet a tight deadline.
<input type="checkbox"/>	37.	I tend to judge people's ideas on their practical merits.
<input type="checkbox"/>	38.	Quiet, thoughtful people tend to make me feel uneasy.
<input type="checkbox"/>	39.	People who want to rush headlong into things often irritate me.
<input type="checkbox"/>	40.	It is more important to enjoy the present moment than to think about the past or future.
<input type="checkbox"/>	41.	I think that decisions based on a thorough analysis of all the information are sounder than those based on intuition.
<input type="checkbox"/>	42.	I tend to be a perfectionist.
<input type="checkbox"/>	43.	In discussions I usually pitch in with lots of off-the-top-of-the-head ideas.
<input type="checkbox"/>	44.	In meetings I put forward practical realistic ideas.
<input type="checkbox"/>	45.	More often than not, rules are there to be broken.
<input type="checkbox"/>	46.	I prefer to stand back from the situation and consider all the perspectives.
<input type="checkbox"/>	47.	I can often see inconsistencies and weaknesses in other people's arguments.
<input type="checkbox"/>	48.	On balance I talk more than I listen.
<input type="checkbox"/>	49.	I can often see better, more practical ways to get things done.

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<input type="checkbox"/>	50.	I think written reports should be short, punchy and to the point.
<input type="checkbox"/>	51.	I believe that rational, logical thinking should win the day.
<input type="checkbox"/>	52.	I tend to discuss specific things with people rather than engaging in "small talk".
<input type="checkbox"/>	53.	I like people who have both feet on the ground.
<input type="checkbox"/>	54.	In discussions I get impatient with irrelevancies and "red herrings".
<input type="checkbox"/>	55.	If I have a report to write I tend to produce lots of drafts before settling on the final version.
<input type="checkbox"/>	56.	I am keen to try things out to see if they work.
<input type="checkbox"/>	57.	I am keen to reach answers via a logical approach.
<input type="checkbox"/>	58.	I enjoy being the one that talks a lot.
<input type="checkbox"/>	59.	In discussions I often find I am the realist, keeping people to the point and avoiding 'cloud-nine' speculations.
<input type="checkbox"/>	60.	I like to ponder many alternatives before making up my mind.
<input type="checkbox"/>	61.	In discussions with people I often find I am the most dispassionate and objective.
<input type="checkbox"/>	62.	In discussions I'm more likely to adopt a low profile' than to take the lead and do most of the talking.
<input type="checkbox"/>	63.	I like to be able to relate current actions to a longer-term bigger picture.
<input type="checkbox"/>	64.	When things go wrong I am happy to shrug it off and put it down to experience.
<input type="checkbox"/>	65.	I tend to reject wild, off-the-to-of-the-head ideas as being impractical.
<input type="checkbox"/>	66.	It is best to "look before you leap".
<input type="checkbox"/>	67.	On balance, I do the listening rather than the talking.
<input type="checkbox"/>	68.	I tend to be tough on people who find it difficult to adopt a logical approach.

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<input type="checkbox"/>	69.	Most times I believe the end justifies the means.
<input type="checkbox"/>	70.	I don't mind hurting people's feelings so long as the job gets done.
<input type="checkbox"/>	71.	I find the formality of having specific objectives and plans stifling.
<input type="checkbox"/>	72.	I'm usually the life and soul of the party.
<input type="checkbox"/>	73.	I do whatever is expedient to get the job done.
<input type="checkbox"/>	74.	I quickly get bored with methodical, detailed work.
<input type="checkbox"/>	75.	I am keen on exploring the basic assumptions, principles and theories underpinning things and events.
<input type="checkbox"/>	76.	I'm always interested to find out what other people think.
<input type="checkbox"/>	77.	I like meetings to be run on methodical lines, sticking to a laid down agenda, etc.
<input type="checkbox"/>	78.	I steer clear of subjective or ambiguous topics
<input type="checkbox"/>	79.	I enjoy the drama and excitement of a crisis situation.
<input type="checkbox"/>	80.	People often find me insensitive to their feelings.

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Learning Styles Questionnaire – Scoring

Ring each of the question numbers you ticked and then total up the number you ring in each column.

	2	7	1	5
	4	13	3	9
	6	15	8	11
	10	16	12	19
	17	25	14	21
	23	28	18	27
	24	29	20	35
	32	31	22	37
	34	33	26	44
	38	36	30	49
	40	39	42	50
	43	41	47	53
	45	46	51	54
	48	52	57	56
	58	55	61	59
	64	60	63	65
	71	62	68	69
	72	66	75	70
	74	67	77	73
	79	76	78	80
Totals				
	Activist	Reflector	Theorist	Pragmatist

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Learning Styles Questionnaire – Preference

	VERY STRONG	STRONG	MODERATE	LOW	VERY LOW
ACTIVIST	13-20	11-12	7-10	4-6	0-3
REFLECTOR	18-20	15-17	12-14	9-11	0-8
THEORIST	16-20	14-15	11-13	8-10	0-7
PRAGMATIST	17-20	15-16	12-14	9-11	0-8

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Learning Styles Overview

Understanding learning styles can help your presentation technique in a number of ways. Firstly let us have a look at the learning styles descriptions.

We all have our own individual learning styles and all prefer to absorb information in different ways. These preferences influence how we choose to communicate with other people.

Activist

Learns or absorbs information best when:	Does not like:
<ul style="list-style-type: none"> • It is kept simple and practical • It involves action • They feel involved • They have a chance to challenge and question 	<ul style="list-style-type: none"> • Being lectured too • Being stuck in a room for too long • Too much detail • No opportunity to question and challenge

Reflector

Learns or absorbs information best when:	Does not like:
<ul style="list-style-type: none"> • Given time to reflect • Not presented with too much information • Not put on the spot • Facts are clearly presented 	<ul style="list-style-type: none"> • Being forced to act too soon • Scant detail • Too much information • Being rushed

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Theorist

Learns or absorbs information best when:	Does not like:
<ul style="list-style-type: none">• It is very detailed• There is supporting reference materials• It is intellectually stretching• There is clear logic	<ul style="list-style-type: none">• Messy data• Missing facts• Poorly structured arguments• Unclear objectives

Pragmatist

Learns or absorbs information best when:	Does not like:
<ul style="list-style-type: none">• There is obvious linkage to their job• The reasons are clearly articulated• Time is taken to explain the bigger picture• The benefits are clearly defined	<ul style="list-style-type: none">• Too much detail too soon• Lack of opportunity to question• Pushy presenters• Unclear objectives

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As we can see there is some overlap between some of the learning styles and there are indeed many people whose learning style is balanced across all four categories.

By having an awareness of the likely range of learning styles an audience might have a presenter that can make adjustments to their presentation to suit. For example with an activist dominated working environment the presentation needs to be kept short, succinct and include time for debate. With a theorist dominated working environment the presentation needs to be more detailed and there will be greater emphasis on having supporting information in the form of handouts.

It is important to understand your learning style as this will play a large part in determining your preferred style of presentation. If your learning style is predominately reflector theorist there may be a temptation to put too much detail into your presentations and spend too long delivering them.

Contact Linac now to find out more about Train the Trainer, and learn how you or others can develop into effective trainer who exude enthusiasm.

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