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## Identify your learning style

Choose one answer from each column to complete each question. You must only choose one answer.

Question	A	B	C
1. When you want to know what's on the news do you:	read a newspaper?	listen to the radio and/or watch the news on TV?	quickly read a newspaper and/or spend a few minutes watching the news on TV?
2. When you dress are you:	someone who likes to look very neat?	someone who likes to wear clothes that are sensible?	someone who likes comfortable clothes?
3. What kind of books do you like to read:	books which have a lot of descriptions e.g. what people are wearing, what the countryside looks like etc.?	books with a lot of conversation (people talking) in them or plays?	books with a lot of action, not many descriptions and not much speech?
4. When you have to spell a word you are not sure about do you:	try and see the word in your head?	try to sound it out?	write the word down to see if it feels right?
5. When you are angry do you:	keep your anger in and remain silent?	shout, scream and make a lot of noise?	hold on tight to something, slam the door, clench your fists?
6. When you want to relax do you:	watch TV, go to the cinema or read?	listen to music or the radio?	go jogging, take part in a sport, mend something in the house, make something with your hands?

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7. After you have met someone for the first time do you:	forget their name but remember their faces?	forget their faces but remember their names?	forget their names and their faces but remember what you did or what happened?
8. When you have to discuss something important with someone do you:	prefer to meet the person or write them a letter?	to telephone them?	to have the discussion while you are doing something else e.g. having a meal or shopping?
9. Which of these do you enjoy most:	are exhibitions, paintings, photographs etc.?	listening to music?	dancing?
10. When you are talking do you:	talk only a little and don't like to listen to others talking for too long?	enjoy listening but prefer to do the talking?	move your hands about a lot and show what you mean by the expressions on your face?
11. If you have to go to a meeting do you:	go prepared with notes?	enjoy having a discussion and hearing what you have to say?	spend your time fiddling with something or drawing and wishing you were somewhere else?
12. When you are with other people can they tell how you feel by:	the expression on your face?	what your voice sounds like?	your body language, ie. The way you are sitting or standing etc.?
13. When you try to imagine something do you:	see very clear details and a clear picture?	hear sounds or what people are saying?	not see or hear much but feel what is happening or see movement?

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14. When you are trying to concentrate are you:	distracted by untidiness or movement?	distracted by sound or noise?	distracted by movement?
15. When someone praises you do you:	like to be praised in writing e.g. a note?	like to be spoken to?	Like to be patted on the back?