

Learning Style Assessment Worksheet

Identify your child's dominant learning channels – visual, auditory, and kinesthetic

Children rarely fall into a single learning style – most have a dominant channel and one or two supporting channels. This assessment helps you identify where your child's strengths lie so you can match study strategies to how their brain actually processes information. Observe your child over a week before scoring. Rate each item 0 (rarely), 1 (sometimes), or 2 (often).

Visual Learner Indicators

Score: ___ / 20

- | | |
|---|--|
| Remembers faces better than names | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Prefers illustrated books over plain text | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Draws diagrams, maps, or doodles while thinking | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Notices small visual details others miss (color changes, new objects) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Uses phrases like 'I see what you mean' or 'picture this' | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Learns spelling by visualizing the word, not sounding it out | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Prefers written directions over verbal ones | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Remembers where information was on a page | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Gets distracted by visual clutter but not background noise | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Likes color-coding, highlighters, and charts | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Auditory Learner Indicators

Score: ___ / 20

- | | |
|---|--|
| Remembers song lyrics, jingles, or spoken instructions easily | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Talks through problems out loud or moves lips while reading | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Prefers listening to stories over reading them | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Uses phrases like 'that sounds right' or 'I hear you' | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Easily distracted by background noise or conversations | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Can repeat back instructions accurately after hearing them once | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Enjoys group discussion and explaining ideas to others | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Hums, sings, or makes sounds while working | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Learns well from audiobooks, podcasts, or lectures | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Remembers verbal instructions better than written ones | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Kinesthetic Learner Indicators

Score: ___ / 20

- Fidgets, taps, or moves while sitting — but is still listening
- Learns best by doing, building, or physically manipulating objects
- Remembers what they did better than what they saw or heard
- Uses gestures and hand movements when explaining
- Prefers hands-on experiments over reading about them
- Needs movement breaks to maintain focus
- Writes or traces words with a finger to remember them
- Chooses building toys, sports, or physical play over screen time
- Uses phrases like 'that doesn't feel right' or 'let me try it'
- Has strong body awareness and physical coordination

Scoring Summary

LEARNING CHANNEL	SCORE	STRENGTH LEVEL
Visual	___ / 20	0-6: Low 7-13: Moderate 14-20: Strong
Auditory	___ / 20	0-6: Low 7-13: Moderate 14-20: Strong
Kinesthetic	___ / 20	0-6: Low 7-13: Moderate 14-20: Strong

Strategy Matching by Style**If Visual is dominant, prioritize:**

- Mind maps and concept diagrams for new material
- Color-coded notes and highlighters
- Flashcards with images, not just words
- Timelines, charts, and infographics
- Watch demonstrations before attempting

If Auditory is dominant, prioritize:

- Read-aloud study sessions
- Record key concepts and play back
- Teach-back method (explain to a parent or sibling)
- Set facts to rhythm, rhyme, or melody

- Discuss material in conversation before writing

If Kinesthetic is dominant, prioritize:

- Hands-on experiments and building projects
- Walk-and-talk study sessions
- Use manipulatives (blocks, counters, letter tiles)
- Act out scenarios or role-play historical events
- Allow movement during study (standing desk, exercise ball)

Most children have a primary channel scoring 14+ and a secondary channel scoring 10+. Design study sessions to lead with the primary channel and reinforce with the secondary. If all three scores are close (within 3 points), your child is a multimodal learner — variety in study methods will work best.