

Exercise 1: Learning Styles Inventory

Directions (Part 1): Complete this self-assessment to determine your learning styles based on the Dunn and Dunn model. Check the appropriate column to indicate whether each numbered statement is true or false.

	True	False
ENVIRONMENTAL		
1. If the room is too hot, I can't concentrate.		
2. Having some background music helps me concentrate.		
3. I prefer to make myself comfortable rather than being at a desk.		
4. I can ignore most sound when I study.		
5. Bright light is distracting.		
6. I study best when it's quiet.		
7. I don't see how people can see in a dark room.		
EMOTIONAL		
1. I need a lot of encouragement to complete tasks.		
2. I'm pretty self-directed about getting my work done.		
3. The adults in my life help me to accomplish more.		
4. I give up too easily unless someone helps me stick it through.		
5. I like having clear directions and well-defined steps.		
6. I have to be reminded often to do things.		
7. If I'm interested, I can really stick with it through very challenging work.		
SOCIOLOGICAL		
1. Having a friend to study with works well for me.		
2. I like to work with others.		
3. Getting together with a friend is a good way to get homework done.		
4. Working in a team is frustrating.		
5. People my age have the most to offer me when I learn.		
6. How many people can be a good workgroup really depends on the kind of work I'm doing.		
7. Usually an adult can help me to get through a study challenge.		
PHYSICAL		
1. The things I remember best are the things I write down.		
2. I feel more energetic at night.		
3. Seeing a picture, graph or diagram really helps me to understand.		
4. I need to take a lot of breaks while I'm study.		
5. I can remember almost everything I hear.		
6. Things make more sense to me when I can handle them and see how they work.		
7. I like to eat snacks and drink a lot while I study.		
8. The morning is the best time to get a lot done.		
9. I often get tired in the afternoon.		
10. I need to get up and move around when I study.		
11. It's hard for me to sit in one place for a long time.		
PSYCHOLOGICAL		
1. I like to think about things first and not jump right in.		
2. Sometimes people think I put things off, but I still get them done.		
3. I'd rather teachers didn't lecture so much, because I'd rather find out for myself.		
4. I like to finish one thing before I start another.		
5. It drives me crazy when the teacher forgets to write things down.		
6. I can pay attention to a lot of things at the same time.		
7. Things make more sense when you take them one step at a time.		

Directions (Part 2): Using your answers in Part 1, complete the following Dunn and Dunn matrix by indicating your learning styles and processing preferences.

Environmental	Sound <i>How much? What kind?</i>	Light <i>Bright or Dim?</i>	Temperature <i>Cool or Warm?</i>	Design <i>Formal or Flexible?</i>		
Emotional <i>High, Medium or Low?</i>	Motivation	Persistence	Responsibility	Structure <i>External or Self-directed?</i>		
Sociological <i>Whom do you like to work with? When?</i>	Self	Pair	Peers	Team	Adult	Varied
Physical	Perceptual <i>Auditory? Visual? Body Kinesthetic?</i>	Food/Drink <i>Frequent snacks desired or not?</i>	Time <i>Morning, Afternoon, or Evening?</i>	Mobility <i>Move around or sit still?</i>		
Psychological	Analytic/ Global <i>Can you break things down into steps or parts? Do you see the big picture?</i>	Hemispheric Dominance <i>Left or right dominant?</i>	Impulsive/ Reflective <i>Do you like to get going and make things happen or think about it first?</i>			