

Coaching Teens and College Students with AD/HD

This chart helps you determine your learning style and the learning style of your client. Read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but one column will likely contain the most answers. The dominant column indicates your primary learning style.

<i>When you...</i>	Visual	Auditory	Kinesthetic & Tactile
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see</i> , <i>picture</i> , and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear</i> , <i>tune</i> , and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel</i> , <i>touch</i> , and <i>hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
Contact people on business	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
Do something new at work	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Put something together	Do you look at the directions and the picture?		Do you ignore the directions and figure it out as you go along?
Need help with a computer application	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?

Adapted from Colin Rose (1987). Accelerated Learning.

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Read each statement carefully. On the line, write the number that best describes how each statement applies to you. Answer honestly: there are no 'right', 'wrong', 'good', or 'bad' answers. Total your score at the end of each section.

1	2	3	4	5
Almost never applies	Applies once in a while	Sometimes applies	Often applies	Almost always applies

- _____ 1. I enjoy doodling and even my notes have lots of pictures, arrows, etc., in them.
- _____ 2. I remember things better if I write them down, even if I don't go back to see what I've written.
- _____ 3. When trying to remember a phone number, it helps me to get a picture in my head
- _____ 4. When recalling information during a test, I can see in my mind's eye the textbook page and the information on it.
- _____ 5. Unless I write down the direction to a place, I'm likely to get lost or arrive late.
- _____ 6. It helps me to look at a person when he or she is speaking. It helps to keep me focused.
- _____ 7. I can clearly visualize people, place, or documents in my head.
- _____ 8. It's hard for me to concentrate on what is being said if there is background noise.
- _____ 9. It's difficult for me to understand a joke when I hear it.
- _____ 10. It's easier for me to get work done in a quiet place.

Total Visual

- _____ 1. When reading, I read aloud, "hear the words in my head."
- _____ 2. When memorizing something, it helps me to recite it over and over
- _____ 3. If I want to understand something, it helps me to try to explain it to someone else.
- _____ 4. During lectures I don't need to take notes to remember what was said. Sometimes taking notes even makes it harder for me to listen.
- _____ 5. I remember what people have said rather than what they were wearing.
- _____ 6. I would rather listen to the news on the radio than read it in the paper
- _____ 7. I like tape recording memos to myself or sending and receiving messages on an answering machine rather than using written notes.
- _____ 8. I can easily understand what a speaker is saying, even though my eyes are closed or I'm staring out the window.
- _____ 9. I talk to myself when problem solving or writing.
- _____ 10. I prefer to have someone tell me how to do something rather than have to read the directions.

Total Auditory

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1	2	3	4	5
Almost never applies	Applies once in a while	Sometimes applies	Often applies	Almost always applies

- _____ 1. I don't like to read or listen to directions; I'd rather just start doing.
- _____ 2. I learn best when I'm shown how to do something and then have the opportunity to do it.
- _____ 3. I can study better with music playing in the background.
- _____ 4. Instead of trying to solve problems with a definite plan in mind, I like to try different things until I hit on something that works.
- _____ 5. My desk looks disorganized.
- _____ 6. I move my lips when I read.
- _____ 7. I take notes but seldom go back and read them.
- _____ 8. I can easily find my way around, even in strange surroundings.
- _____ 9. I think better when I have the freedom to move around; I get fidgety and feel trapped when sitting behind a desk.
- _____ 10. When I can't think of a specific word, I'll use my hands a lot and call something a "whatchamacallit" or a "thingamajig".

Haptic Total

The area in which you have the highest score represents your best learning style. If you have a second or even a third high score, this represents your next best learning style(s). Capitalize on your best learning style to improve your academic performance.

CAPITALIZING ON YOUR BEST LEARNING STYLE:

Recommendations for Visual Learners...

1. **Make your work as visual as possible.** Make charts, graphs, tables. Take detailed notes during lectures, and compare them with someone else's to be sure you have gotten down all the important points. Leave lots of extra space in your notes so you can add ideas or details later. Highlight important information in your notes and books. Write down anything that is important for you to remember.
2. **Ask instructors to repeat statements whenever necessary.** Tape record important lectures whenever possible. (Record all of them, then save and label only those you feel are important. Tape over the others.)
3. **Look at teachers when they are speaking.** Your attention will tend to be where your eyes are. Make it easy to keep your eyes on your work by arranging your study space so that you don't look directly out the door or window.
4. **Participate in classes.** Ask questions. Contribute your ideas. This will keep you involved and alert in an otherwise very auditory situation.

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Learning Styles Checklist

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5. **Work in a quiet place.** Many visual learners, however, do find that they can do math better with music in the background.
6. **Think on paper.** Before you begin a project or a study session, write down your goals and the steps you must go through to achieve them.
7. **Work alone.** Visual learners often find it difficult to think or work and at the same time carry on a dialogue, even when the dialogue is about what they are thinking about or working on.

Recommendations for Auditory Learners...

1. **Think out loud.** Talk to yourself. Before beginning a project or study session, state aloud your goals and the steps that you must go through to achieve them. It's also probably a good idea to write them down.
2. **Before reading, set a purpose and verbalize it.** Underline or highlight main points you are reading. Afterwards, verbally summarize what you have read.
3. **Read aloud, especially when doing proofreading or when you're tired.** You will understand the material better if you can hear it. You can even read silently while moving your lips slightly and hearing the words in your head.
4. **"Write" with a tape recorder.** Speak your ideas into a tape machine as if you were talking to an interested person. This will allow you to think at top speed without losing your train of thought. You can transcribe the tape later. Be sure to have someone else look over your proofreading.
5. **Talk out your ideas with a friend or two.** Brainstorm and discuss possibilities and plans. Tape the session. Set up pep-talk sessions to encourage one another. Quiz each other before exams.
6. **Before you give an important presentation "hear it in your head" going just the way you want it to.** Visualize it too, if you can. Try visualizing and/or hearing it to yourself three times per day for three days before the presentation -- or as many times as are necessary for you to be able to hear it clearly.
7. **When doing math computations by hand, use graph paper.** Auditory learners sometimes have difficulty keeping columns aligned. This will help.

Recommendations for Haptic or Kinesthetic Learners...

1. **Make studying more physical.** Work at a standing desk. (A standing desk is a desk tall enough to be a writing level when you are standing. You can make one by putting a couple of cement blocks under each leg of an ordinary desk. You can then use a stool to sit, or you can stand if you feel you need more physical movement.) Stand or pace while memorizing. Stand, stretch, and take a few deep breaths at least once every 25-30 minutes. Try reading while riding an exercise bike or studying while standing in your stocking feet. Set up a chalkboard or whiteboard to do math on. Try chewing gum while studying.
2. **Use color.** Highlight in your textbook and notes. Put a brightly colored blotter on your desk. (Whatever color you like.) Read through a colored transparency or colored glasses or under a colored reading light, especially when reading difficult or boring material or when reading difficult or when you're tired or stressed. Decorate your work area with colors and posters that are pleasing to you.
3. **Vary your activities.** If you're feeling frustrated or fidgety, look over your to-do list and see if there's a simple, short-term task you can do that has a different pace or feel to it. When you've finished with that, return to the task that was frustrating you.
4. **Keep a "distractions list" on your desk.** When you find that lots of unrelated thoughts are intruding on your studying (e.g. you've got to write a letter or pick up something at the store), write them on the list and go back to your work. By using such a list you won't be trying to remember all those outside responsibilities while doing your work.