

Rutgers Learning Centers

At Camden Campus

LEARNING STYLE: SENSORY PREFERENCES

When an instructional mode does not appeal to your preferred sense, you must work harder to pay attention and stay interested. It is helpful to know that the older you are, the better able you are to adapt your learning style preference to the instructional mode in use.

Put a check beside all the statements that seem true of you.

1. I learn best by reading on my own.
2. I get a lot from listening to lectures.
3. I enjoy courses where there is some physical activity involved.
4. I can learn how to do something by watching someone demonstrate how it's done.
5. Class discussions are helpful to me.
6. I like to type and use computers.
7. Illustrations, charts, and diagrams improve my understanding.
8. I'd rather listen to the instructor's explanation than do the assigned reading.
9. I get more out of labs than classes because of the hands-on approach.
10. How-to manuals and printed directions are helpful to me.
11. I like to use audiocassette tapes of lessons and exercises.
12. I prefer to work with machines and equipment than listen to or read explanations.
13. I can do anything if someone shows me how.
14. I can follow directions best when someone reads them to me.
15. It's not enough to show me; I have to do it myself.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

Camden
Armitage 231
856/225-6442

College Ave
Kreeger LRC
732/932-1443

Cook/Douglass
Loree 124
732/932-1660

Livingston
Tillett 111
732/445-0986

Newark
Conklin 126
973/353-5608

Learning Style: Sensory Preferences Summary

Statements 1, 4, 7, 10, and 13 are characteristic of visual learners.

Statements 2, 5, 8, 11, and 14 are characteristic of auditory learners.

Statements 3, 6, 9, 12, and 15 are characteristic of tactile learners.

If your checks are spread evenly among two or more categories, you may be equally comfortable using one or more of your sensory modes.

If you would like to know more about study skills techniques which would complement your learning style, you can make an appointment at the front desk with a Academic Coach.