

## **Memletics® Learning Styles Inventory**

A free publication provided by [www.memletics.com](http://www.memletics.com)

Name \_\_\_\_\_

Class \_\_\_\_\_

Instructor \_\_\_\_\_

Date \_\_\_\_\_

**Memletics® Learning Styles Inventory (version 1.2. )**

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# Adapt your learning with the Memletics<sup>®</sup> Learning Styles Inventory

*Each of us learns using preferred learning styles. This publication helps you discover your stronger and secondary learning styles.*

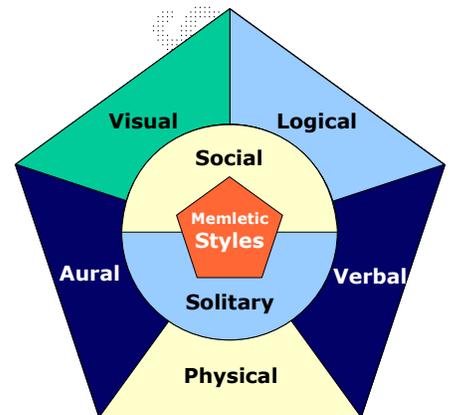
The Memletics Accelerated Learning System recognizes that each person prefers different learning styles and techniques. Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no *right mix*. Nor are your styles fixed. You can develop ability in less dominate styles, as well as further develop styles that you already use well.

By recognizing and understanding your own learning styles, you can use techniques better suited to you. This improves the speed and quality of your learning.

In this publication, we provide a questionnaire to help you discover your preferred Memletic Learning Styles.

In summary, these styles are:

- **Visual.** You prefer using pictures, images, and spatial understanding.
- **Aural.** You prefer using sound and music.
- **Verbal.** You prefer using words, both in speech and writing.
- **Physical.** You prefer using your body, hands and sense of touch.
- **Logical.** You prefer using logic, reasoning and systems.
- **Social.** You prefer to learn in groups or with other people.
- **Solitary.** You prefer to work alone and use self-study.



## Profile yourself—use the Memletic Styles questionnaire

Let's discover what learning styles you prefer. In the following questionnaire, you first estimate your learning styles. You then answer seventy questions about how you interact with the world. Following that, you complete a scoring sheet that then gives you a score for each learning style. Lastly, you graph your results and compare against your estimate.

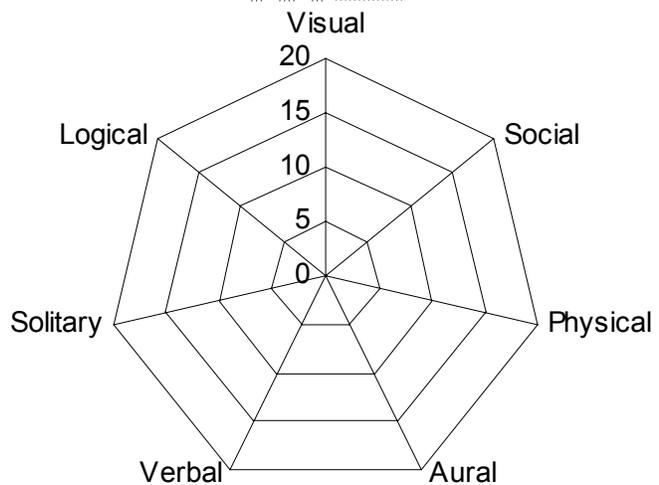
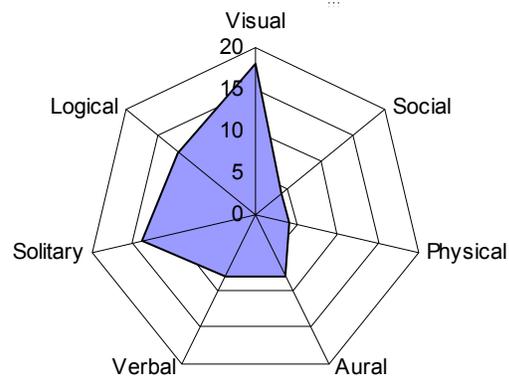
**Note:** If you have Internet access, you might prefer to do the test online at <http://www.learning-styles-online.com>. The online version has the same questions and it will do the graph for you at the end of the test. It also allows you to compare your styles against other site users.

The outcome from the questionnaire is a personalized Memletic Styles graph similar to the one on the right. You will find this questionnaire valuable. Doing this questionnaire helps you better understand your own learning styles. It also makes the following descriptions more relevant to you.

### Do the pre-test graph

Before you start the questionnaire, fill out the blank graph on the right. Review the basic descriptions at the start of the chapter if you like.

For each axis, estimate on a rating of zero to twenty how often you use that particular learning style. Score zero if hardly ever, twenty if you use that style often. Draw in the score on each style axis (the lines starting from the centre), then join the dots like in the example Memletic Styles graph above.



## Answer the questions

Answer each question by circling one of the numbers on the right. You could also write zero, one or two directly into the scoring sheet further below. If you enter your scores into the score sheet while you answer the questions, hide the bottom of the score sheet so you don't see the styles for each column.

The scale is as follows:

0. The description sounds nothing like you.
1. The description sounds partly like you.
2. The description sounds exactly like you.

Take as long as you like. Afterwards we rate your answers. Remember there are no right or wrong answers. Usually the first response that comes into your mind when you read the question is a good answer.

### Questions

- |    |   |   |   |   |
|----|---|---|---|---|
| 1  | You have a personal or private interest or hobby that you like to do alone.   | 0 | 1 | 2 |
| 2  | You write and use detailed lists, such as to-do lists, and you number the items and set priorities.   | 0 | 1 | 2 |
| 3  | Jingles, themes or parts of songs pop into your head at random.   | 0 | 1 | 2 |
| 4  | You prefer math and science subjects at school.   | 0 | 1 | 2 |
| 5  | You are happy on your own. You like to do some activities alone and away from others.   | 0 | 1 | 2 |
| 6  | You enjoy learning in classroom style surroundings with other people. You enjoy the contact and it helps your learning.                         | 0 | 1 | 2 |
| 7  | You read everything. Books, newspapers, magazines, menus, signs, etc.   | 0 | 1 | 2 |
| 8  | You can easily visualize (see in your mind) objects, buildings, scenarios etc. from descriptions or plans.                                      | 0 | 1 | 2 |
| 9  | You are goal oriented and know where you want to go in life, study or work.   | 0 | 1 | 2 |
| 10 | You prefer team games and sports such as football/soccer, basketball, netball, volleyball, hockey, and baseball.                                | 0 | 1 | 2 |
| 11 | You find your way around well use maps with ease. You rarely get lost. You have a good sense of direction. You usually know which way North is. | 0 | 1 | 2 |
| 12 | You prefer to study or work alone.  | 0 | 1 | 2 |
| 13 | You like being a close friend, mentor or guide for others.  | 0 | 1 | 2 |
| 14 | You spend time alone to reflect and think about your life.  | 0 | 1 | 2 |

- |    |   |       |
|----|---|-------|
| 15 | In regular conversation, you often bring up other topics or events you have heard about or read.  | 0 1 2 |
| 16 | You enjoy finding links and associations, for example between numbers or objects. You like to classify or group things to help you understand the relationships between them. | 0 1 2 |
| 17 | You keep a journal or personal diary to record your thoughts.   | 0 1 2 |
| 18 | You communicate well with others and you often help solve problems between two people.  | 0 1 2 |
| 19 | You love sport and exercise.  | 0 1 2 |
| 20 | You like to listen. People like to talk to you because they feel you understand them.   | 0 1 2 |
| 21 | You like listening to music - in the car, studying, at work (if possible!), or anywhere. You love live music.   | 0 1 2 |
| 22 | You can balance a checkbook or you know how much you have in your bank account/piggy bank. You like to set budgets and other numerical goals.                                 | 0 1 2 |
| 23 | You have some very close friends.   | 0 1 2 |
| 24 | You use many hand gestures or other physical body language when communicating with others.  | 0 1 2 |
| 25 | English, languages and literature are your favorite subjects at school.   | 0 1 2 |
| 26 | You like making models, or working out jigsaws.   | 0 1 2 |
| 27 | You prefer to talk over problems, issues, or ideas with others, rather than working on them by yourself.  | 0 1 2 |
| 28 | Music is your favorite subject at school, or you like playing in a band.  | 0 1 2 |
| 29 | In school, you prefer art, technical drawing, or geometry.  | 0 1 2 |
| 30 | You love telling stories.   | 0 1 2 |
| 31 | You like identifying logic flaws or problems in other people's words and actions.   | 0 1 2 |
| 32 | You like using a camera or video camera to capture the world around you.  | 0 1 2 |
| 33 | You use rhythm or rhyme to remember items, for example phone numbers, PIN numbers, and other items.   | 0 1 2 |
| 34 | In school, you like sports, wood or metalworking, craft, sculpture, pottery and other similar subjects.   | 0 1 2 |
| 35 | You know lots of words, and like using the right word at the right time.  | 0 1 2 |
| 36 | You notice and like the feel of clothes, furniture and other objects.   | 0 1 2 |

- 37 You would prefer to holiday on a deserted island rather than a resort or cruise ship with many other people around. 0 1 2
- 38 You like books with many diagrams, illustrations, or pictures. 0 1 2
- 39 You easily express yourself, whether it's out loud or in writing. You can clearly explain ideas and information to others. 0 1 2
- 40 You like playing games with others, such as card games and board games. 0 1 2
- 41 You use specific examples and references to support your points of view. 0 1 2
- 42 You pay attention to the sounds around you. You can tell the difference between instruments, or cars, or aircraft, based on their sound. 0 1 2
- 43 You have a good sense of color. 0 1 2
- 44 You like playing with the meaning of words, saying tongue twisters, making rhymes. 0 1 2
- 45 You like to think out ideas, problems, or issues while doing something physical. 0 1 2
- 46 You read self-help books, you've been to self-help workshops, or you've done similar work to learn more about yourself. 0 1 2
- 47 You can play a musical instrument or you can sing on (or close to) key. 0 1 2
- 48 You like crosswords, scrabble and other word games. 0 1 2
- 49 You like logic games and brainteasers. You like chess and other strategy games. 0 1 2
- 50 You like getting out of the house and being with others at parties and other social events. 0 1 2
- 51 You occasionally realize you are tapping in time to music, or you naturally start to hum or whistle a tune. Even after only hearing a tune a few times, you can remember it. 0 1 2
- 52 You solve problems by "thinking aloud." You talk through issues, questions and possible solutions. 0 1 2
- 53 You enjoy dancing. 0 1 2
- 54 You prefer to study alone. 0 1 2
- 55 You don't like silence. You would prefer to have some background music or other noise to silence. 0 1 2
- 56 You love theme park rides that involve much physical action, or you dislike them because you are sensitive to the physical forces on your body. 0 1 2
- 57 You draw well. You find yourself drawing or doodling on a notepad when thinking. 0 1 2

## Memletics Accelerated Learning Styles Inventory

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- 58 You easily work with numbers, and can do decent calculations in your head. 0 1 2
- 59 You use diagrams and scribbles to communicate ideas and information. You love whiteboards (and color pens). 0 1 2
- 60 You hear small things that others don't. 0 1 2
- 61 You would prefer to touch or handle something to understand how it works. 0 1 2
- 62 You don't mind taking the lead and showing others the way ahead. 0 1 2
- 63 You easily absorb information through reading, audiocassettes or lectures. The actual words and phrases come back to you. 0 1 2
- 64 You like to understand how and why things work. You keep up to date with science and technology. 0 1 2
- 65 You like tinkering. You like pulling things apart, and they usually go back together! You can easily follow instructions represented in diagrams. 0 1 2
- 66 Music evokes strong emotions and images as you listen to it. Music is prominent in your recall of memories. 0 1 2
- 67 You think independently. You know how you think and you make up your own mind. You understand your own strengths and weaknesses. 0 1 2
- 68 You like gardening or working with your hands in the shed. 0 1 2
- 69 You like visual arts, painting, and sculpture. You like jigsaws and mazes. 0 1 2
- 70 You use a specific step-by-step process to work out problems. 0 1 2

## Score your responses

Now that you have completed the questions, use the score sheet further below to assign your answers to the correct styles. In the shaded box for each question, write in your score from the questions above—zero, one or two.

1							<b>1</b>
2					<b>2</b>		
3			<b>1</b>				
4					<b>2</b>		
5							<b>1</b>
6						<b>0</b>	

Once you have filled out all the boxes, add up each column and write the totals at the bottom of each column.

33	<b>2</b>						
34			<b>1</b>				
35				<b>0</b>			
<b>Total</b>	<b>8</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>7</b>	<b>3</b>	<b>7</b>

Finally, add the totals of each style from the two columns and write your overall totals in the bottom box.

**Overall Totals (add total lines above):**

Visual	Verbal	Aural	Physical	Logical	Social	Solitary
<b>18</b>	<b>5</b>	<b>4</b>	<b>4</b>	<b>14</b>	<b>8</b>	<b>14</b>

**Memletics Accelerated Learning Styles Inventory**

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Overall Totals:

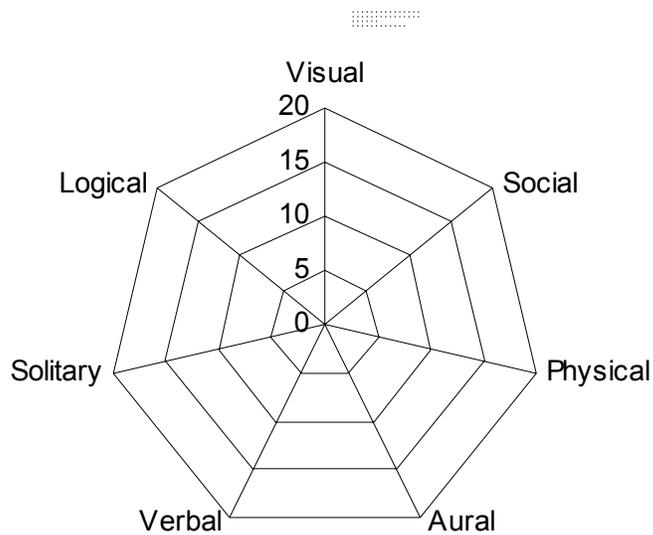
Visual	Verbal	Aural	Physical	Logical	Social	Solitary

Add total lines from the columns above.

## Graph and analyze results

Lastly, graph your scores on the blank Memletic Styles graph on the right. As you may have done above before answering the questions, draw in the score on each axis, then join the dots.

The graph shows which styles you use more often, against those you use less often. You might also like to compare your graph back to your estimate of your learning styles. Look at the differences and try to understand them.



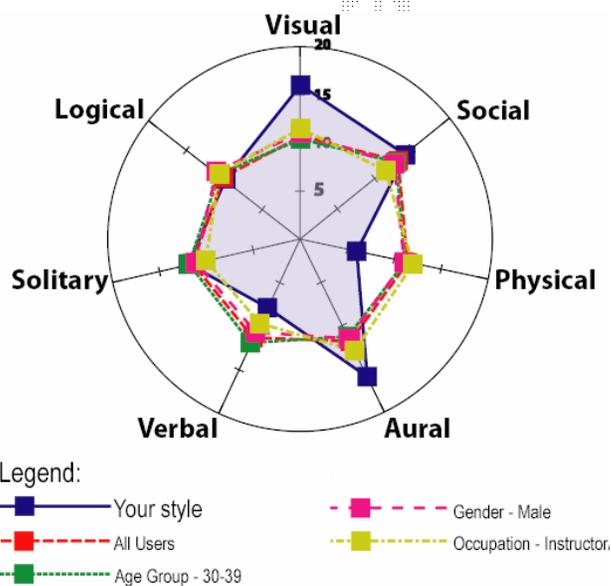
## Where to next?

That concludes this publication on learning styles. If you'd like to know more about how to make use of your test results, please try the following online resources:

<http://www.learning-styles-online.com>

This free website provides more information on each of the learning styles, as well as the following features:

- An online version of this learning style inventory
- Graphical display of your learning styles in an online diagram (see right)
- Compare your results against other site users like you
- Teachers and instructors: Create a "class" on the website and have your student select that class during their test. You can then see who's completed the test, their results, and average results for the class.



Example graph produced by the online version

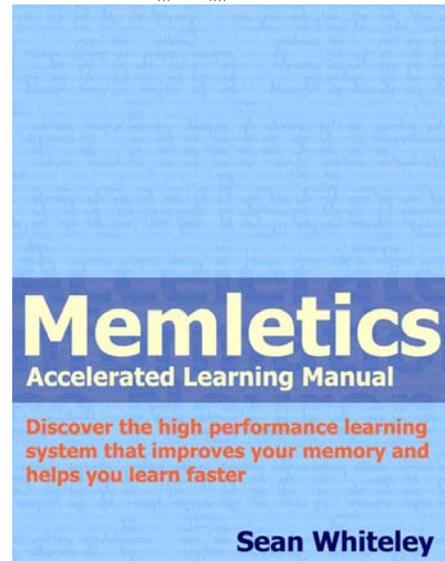
<http://www.memletics.com>

This is the primary site for the Memletics® Accelerated Learning System. Over 4,000 people in 85 countries are using parts or all of Memletics to help themselves learn faster.

The Memletics Accelerated Learning Manual is the primary reference for Memletics, and it's only available from this website.

Key features include:

- Learn more about learning styles with information not available on the web.
- Choose from over eighty memory and learning techniques. You'll also learn to use them during the learning process
- Find out how diet and dietary supplements can help memory.
- Discover new software technologies and how they can speed up learning.
- Learn how to optimize repetition in your learning activities.
- Use it to improve your own or your children's study skills.
- 210 pages, available in ebook and printed formats. The ebook format is available for download within 15 minutes after an order.



**Special Offer:**

You can obtain 30% off the electronic format of the Memletics Manual (20% off the printed format) using this discount code: LSPFBL

Here's how to use it:

1. Order the format you'd like from the Memletics site, at <http://www.memletics.com/manual/default.asp>
2. On your order form, enter the discount code LSPFBL in the discount field
3. Check the discount has been applied on the order verification page

<http://www.accelerated-learning-online.com>

If you'd like more general information on accelerated learning, try this web site. It provides:

- Overviews of the key parts of Memletics
- Over 14,000 abstracts from research reports on the brain, memory and learning. These are organized into a searchable and browseable index