

## Exercise 2: 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
<b>ENVIRONMENTAL</b>		
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.		
<b>EMOTIONAL</b>		
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.		
<b>SOCIOLOGICAL</b>		
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.		
<b>PHYSICAL</b>		
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.		
<b>PSYCHOLOGICAL</b>		
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.

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