

A QUICK LEARNING-STYLES INVENTORY

The Key

By James Bauman

A simple survey that you can use with your athletes follows. The first copy is the “answer sheet” with the letter after each question indicating if this question would indicate an AUDITORY learner (x), a KINESTHETIC learner (y), or a more VISUAL learner (z). Use the second copy of the survey, which does not include the letters (x, y, z) with your athletes.

Depending upon which type of question is endorsed more than the other two, one could conclude that a particular person was more of a visual, auditory, or kinesthetic learner than they are the other two learning styles. Often, one will see two of the three types get more endorsements than the remaining type - it is typical to see the visual and the kinesthetic paired up in athletes. One sees far fewer auditory learners in the athletic population.

Now, what can we potentially glean from this quick survey? Probably only that whatever learning type is identified might tell us that this is the kind of first stimuli that this person will focus in on or respond to best.

If we have primarily a:

- **VISUAL learner, then...**
 - ✓ Film review is great, or
 - ✓ Viewing pictures, or
 - ✓ Watching someone else might be most effective for this person.

- **KINESTHETIC learner...**
 - ✓ They want to DO it...
 - ✓ Not see or hear about it from someone else.

- **AUDITORY learner...**
 - ✓ Then the current mode that most coaches already employ (talk, talk, and more talk) works well for this person.

It is very interesting to note that most of our educational systems are about talking/listening, yet auditory learners seem to represent the smallest number of students/athletes we get.

What this means is that after about 3-5 minutes, most of your athletes are “checking out”, rather than listening...and all the while they are saying to themselves, “*SHOW me*” or “*Let me DO it!*”

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(Coaches Copy/KEY)

DIRECTIONS: Simply “check” the statements that you think apply to you. If the statement doesn’t apply to you, leave it blank.

- ___1. z I keep written records of my schedule, things to do, etc.
- ___2. x I would rather have someone read instructions to me aloud, step by step when I assemble something.
- ___3. y I like to build things or do craft projects with my hands.
- ___4. y I am an “outdoors” kind of person.
- ___5. x I keep up with the news by listening to the radio.
- ___6. z I keep up with the news by watching television.
- ___7. x I talk to myself.
- ___8. z I usually read billboards or informational signs when I drive or ride with others.
- ___9. x I would learn more if I could hear textbook material on a cassette tape, rather than read the book myself.
- ___10. z I like to rewrite notes or write summaries to prepare for tests.
- ___11. y I have learned or could easily learn “touch-typing” systems for my computer using both hands and more than two fingers.
- ___12. y When I use imagery, I sometimes feel like I am doing what I image.
- ___13. x In my spare time, I like to talk to others.
- ___14. z I can best learn email addresses or phone numbers, if I write them down.
- ___15. x If I have a problem, it helps me to “talk out” my problem, to myself or out loud.
- ___16. y In my spare time, I enjoy physical activities.
- ___17. z In my spare time, I enjoy watching a movie or television.
- ___18. y If I take something apart, I can usually put it back together correctly...and with all the pieces.
- ___19. x I could learn to play a musical instrument “by ear” faster than by reading music.
- ___20. z I prefer a map to oral instructions when trying to find my way to a new place.

A QUICK LEARNING-STYLES INVENTORY, cont'd.
(Coaches Copy/KEY)

- ___21. y I can learn new physical skills best by doing them.
- ___22. y When walking through stores, I often feel the texture of fabrics or other items in the store.
- ___23. x I prefer that my instructor (coach) gives me oral instruction.
- ___24. z I can learn new physical skills best by watching others.
- ___25. x I learn email addresses or phone numbers best when I say them out loud or to myself a few times.
- ___26. y I am, generally speaking, well coordinated.
- ___27. x I prefer to stop and ask for directions when in unfamiliar places.
- ___28. z When waiting for appointments, I tend to read or look at the magazines in the waiting room.
- ___29. y I often “doodle” or draw on paper.
- ___30. z If I go to a presentation, I prefer slides, overheads, or other visual aids.
- ___31. z When I use imagery, I usually see myself doing the skill I am imaging.
- ___32. x If I were asked to imagine hearing the sound of a barking dog, I could easily imagine that sound.
- ___33. y I can't sit still too long without becoming restless.

For Coach's Use Only

Count up the number of each letter checked: x - y - z

Scoring:

x = _____
y = _____
z = _____

Notes:

A QUICK LEARNING-STYLES INVENTORY- Athlete Worksheet

By James Bauman

Athlete Name: _____

Date: _____

DIRECTIONS: Simply “check” the statements that you think apply to you. If the statement doesn’t apply to you, then just leave it blank.

- ___1. I keep written records of my schedule, things to do, etc.
- ___2. I would rather have someone read instructions to me aloud, step by step when I assemble something.
- ___3. I like to build things or do craft projects with my hands.
- ___4. I am an “outdoors” kind of person.
- ___5. I keep up with the news by listening to the radio.
- ___6. I keep up with the news by watching television.
- ___7. I talk to myself.
- ___8. I usually read billboards or informational signs when I drive or ride with others.
- ___9. I would learn more if I could hear textbook material on a cassette tape, rather than read the book myself.
- ___10. I like to rewrite notes or write summaries to prepare for tests.
- ___11. I have learned or could easily learn “touch-typing” systems for my computer using both hands and more than two fingers.
- ___12. When I use imagery, I sometimes feel like I am doing what I image.
- ___13. In my spare time, I like to talk to others.
- ___14. I can best learn email addresses or phone numbers, if I write them down.
- ___15. If I have a problem, it helps me to “talk out” my problem, to myself or out loud.
- ___16. In my spare time, I enjoy physical activities.
- ___17. In my spare time, I enjoy watching a movie or television.
- ___18. If I take something apart, I can usually put it back together correctly...and with all the pieces.
- ___19. I could learn to play a musical instrument “by ear” faster than by reading music.
- ___20. I prefer a map to oral instructions when trying to find my way to a new place.

A QUICK LEARNING-STYLES INVENTORY,
Athlete Worksheet cont'd.

- ___21. I can learn new physical skills best by doing them.
- ___22. When walking through stores, I often feel the texture of fabrics or other items in the store.
- ___23. I prefer that my instructor (coach) gives me oral instruction.
- ___24. I can learn new physical skills best by watching others.
- ___25. I learn email addresses or phone numbers best when I say them out loud or to myself a few times.
- ___26. I am, generally speaking, well coordinated.
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- ___31. When I use imagery, I usually see myself doing the skill I am imaging.
- ___32. If I were asked to imagine hearing the sound of a barking dog, I could easily imagine that sound.
- ___33. I can't sit still too long without becoming restless.



For Coach's Use Only

Scoring:

X = _____

Y = _____

Z = _____

Notes:
