



Why am I completing the Learning Styles assessment?

Different people learn in different ways. To better communicate with others, if we would identify what styles of learning they prefer, then we could modify our interactions to meet their preferences. By completing this exercise, you will identify four spectrums of learning that we believe will provide new insights about yourself and about others.

What are the Learning Styles that are identified within this assessment?

Researchers have identified four spectrums of learning styles, which include;

- 1 – Active ↔ Reflective;
- 2 – Sensing ↔ Intuitive;
- 3 – Visual ↔ Verbal;
- 4 – Sequential ↔ Global.

The output from this assessment will indicate how you lean towards one of the elements within the spectrum and how strong that leaning is. In addition, you will be able to see how these results compare within your family members.

How is the Learning Styles assessment completed?

You will be asked to answer 44 questions. Each question will ask you to choose between two differing statements. You must select the one statement that most resonates with you.

Source: Learning Styles and Strategies; Richard M. Felder & Barbara A. Soloman
North Carolina State University