

# Perceptual Learning Style Sample Report



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# Perceptual Learning Style Report

The Perceptual Learning Style Report introduces the learning style concept, identifies an individual's learning style with a "profile" questionnaire, explains the differences between the three perceptual styles (auditory, visual, and kinesthetic), and offers tips to enhance learning. Before you begin, please review what you will learn in each section of this Report outlined below.

## **Why Perceptual Learning Styles are Important...**

By identifying how you best absorb information, you will be able to:

- understand the characteristics of your primary and secondary perceptual learning styles
- appreciate the differences in different perceptual styles
- develop strategies to capitalise on your perceptual learning strengths

## **Understanding the Characteristics of Each Perceptual Style...**

By identifying the characteristics of different perceptual learning styles, you will:

- learn how to enhance learning experiences
- understand the strengths and limitations of each style

## **Identifying Another Person's Learning and Teaching Style...**

By identifying the perceptual learning style of others, you will learn:

- how to blend your style with others to enhance mutual understanding
- how to increase your learning potential
- how to design learning strategies to use in the future

## **Designing a Perfect Learning and Studying Environment...**

By identifying your environmental learning preferences, you will learn the following:

- how to increase your learning potential
- how to design the most favourable learning environment

## Why Perceptual Learning Styles are Important

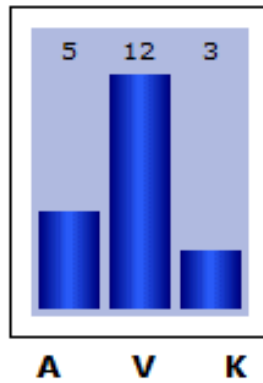
Until now, you may have assumed that all people learn the same way. Maybe you've wondered why you could not grasp your professor's lecture as quickly as your classmate. Difficulties encountered in the past were perhaps a function of *perception* and not *intelligence*. Before information can be *remembered*, it must be *perceived* effectively.

Research has shown that people respond differently in different learning situations. People *respond* differently because people *perceive* differently using the sensory channels through which they give, receive, and store information. Your primary learning style is your perceptual strength, the way you prefer to interact with information. The three widely recognised perceptual learning styles are labelled *Auditory*, *Visual*, and *Kinesthetic*. To get the most out of your education, it is important that you know the differences between these perceptual learning styles, recognise the style that best suits you, and use your understanding to detect your professor's perceptual teaching style.

Auditory learners use their voices and their ears as the primary mode for learning. They remember what they have heard and what they themselves expressed verbally. Visual learners want to see the words in written form, an illustration in some picture form, or assignments clearly described in written form. They like to follow professors' lessons in visual form and prefer seeing overhead transparencies, a blackboard, or handouts. Kinesthetic learners, on the other hand, learn better when they touch or are physically involved with what they are studying. These learners want to act out a situation, to make a product, to do a project, and in general to be busy with learning. Traditional teaching methods favour the auditory and visual learning styles. Those with kinesthetic strengths typically have to become more creative in their study and learning methods to adapt.

Having a primary perceptual preference and learning strength does not mean you should disregard your secondary strength. In fact, realising your learning limitations and encouraging those secondary sensory doorways will help you function perceptually in a variety of situations. You should become highly sensitive to the manner in which all information is presented to you.

It would be nice if all your professors, instructors and trainers taught you in the manner with which *you* learn best. Instead, you will probably encounter your instructors teaching in the manner with which *they* are most comfortable. Early in your education it is a good idea if you discover your learning strengths and limitations so you can adapt to new learning situations. Understanding which learning method you prefer and matching that to the teaching methods used by your instructors will help you feel more assured in the classroom and will ultimately increase your learning potential.



**Your primary style is :**

**Visual Learner**

**Active Visualiser and Writer, and Reader**

Please check all the characteristics you think apply to you...

**LEARNS BEST BY...**

- Watching, seeing, reading, visualising

**SENSITIVE TO...**

- Light, visual environment, written language, aesthetics

**CONCEPTUALISES...**

- Through visual senses

**STRENGTHS...**

- Good command of written language
- Able to get a mental picture when reading
- Excels in creating mental and written charts, diagrams, and maps
- Clear understanding of written languages and comprehends written material well

**LIMITATIONS...**

- Easily distracted by movement, light and visual elements of the environment
- Has difficulty with abstract examples

**To enhance learning, try to...**

- See/visualise something to help you understand it.
- Ask for concrete (specific, descriptive) not abstract examples.

- Associate a visual representation of something/someone in order to remember it/them.
- Problem solve with maps, charts, and diagrams.
- Execute math problems on paper.
- Use all available lecture notes to study.
- If possible, read the directions to an assignment before hearing them.
- Visualise the correct answer in previously studied notes or in textbooks while taking an exam.
- Look at a person or lecturer while he/she is speaking.
- Work in a group setting where you can see the participants.
- Doodle while taking notes, your sketches will help you associate facts and concepts.
- Use a highlighter or underline important information in books and notes.
- Use brightly coloured flash cards to remember information.

**Your secondary style is :**

**Auditory Learner**

**Active Listener and Verbaliser**

Please check all the characteristics you think apply to you...

**LEARNS BEST BY...**

- Hearing, listening, verbalising

**SENSITIVE TO...**

- Noise, tone, pitch, sound, voice, and language

**CONCEPTUALISES...**

- Through auditory senses

**STRENGTHS...**

- Good language command
- Can listen and understand lectures or events without seeing the speaker or a visual representation. Excels in verbal discussions and debate.
- Can understand abstract examples.

**LIMITATIONS...**

- Easily distracted by background noise and sounds

## **To enhance learning, try to...**

- Discuss things in order to help you understand them.
- Repeat things out loud or mentally in order to remember them.
- Record lectures and listen to them later.
- Attend all lectures offered.
- Listen to lectures before reading textbook.
- Allow someone to explain directions before actually reading the directions to an assignment.
- Talk to yourself while problem solving.
- Actively participate in question and answer sessions during class.
- Have a friend drill you verbally while studying.
- Put information into a rhythmic pattern-create a song, poem, or a rap.
- Avoid listening to the radio or conversations while studying.

## Determining Another's Perceptual Learning Style

### Verbal Cues

***A person's word choice will reveal his/her perceptual learning/teaching style.***

Unsure of how to detect an individual's perceptual learning/teaching style? Here is a quick method to assess the style of others just by paying attention to their language. This comes in handy when trying to assess a professor's teaching style and in trying to modify your style to a particular learning situation.

***Take a cue from the words people choose.***

Each individual is inclined to use words that represent how he/she perceives information. Here are some examples:

#### **The Auditory Style Says:**

- "I hear you."
- "I can really tune into what you're saying."
- "That rings a bell."
- "Something tells me to be careful."
- "That idea's been rattling around in my head."
- "Everything just suddenly clicked."
- "Listen to yourself."
- "State your purpose."
- "Describe it in detail."
- "I'm just voicing my opinion."
- "We got an earful."
- SOUND EASY TO DETECT SO FAR?...good!

#### **The Visual Style Says:**

- "I see what you're saying."
- "That looks good."

- "I went blank."
- "I view it this way."
- "Let's cast some light on the subject."
- "Looking back on it now, it appears differently."
- "That idea isn't clear."
- "Get a new perspective."
- "An enlightening (insightful, colourful) example."
- "I'm hazy about that."
- "Don't leave me in the dark."
- GET THE PICTURE?...thought you would!

### **The Kinesthetic Style Says:**

- "I'm boxed in a corner."
- "If it feels right, do it."
- "I have a feeling you are right."
- "Get a handle on it."
- "You're so insensitive."
- "Do you grasp the concept?"
- "Change your standpoint."
- "Get in touch with yourself."
- "I'm up against a wall."
- "Pull some strings for me."
- "That was an underhanded thing to do."
- YOU SHOULD HAVE A SOLID UNDERSTANDING OF VERBAL CUES BY NOW.

## Learning About the Way I Learn

What do you know about your style of perceptual learning?

Why is it important for me to know my perceptual learning style?

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My primary perceptual style(s)

is/are \_\_\_\_\_

List three characteristics of your primary style(s):

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

My secondary perceptual style(s) is/are

\_\_\_\_\_

List three characteristics of your secondary style(s):

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

In what ways do I perceive/learn best?

\_\_\_\_\_

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What am I sensitive to while studying? \_\_\_\_\_

My greatest perceptual learning strength is: \_\_\_\_\_

My greatest perceptual learning limitation is: \_\_\_\_\_

List three things you can do to enhance your studying, test-taking, or learning habits:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

### Effective Learning Worksheet

Use this worksheet to help you design learning strategies you can use tomorrow.

Instructors Last Name	Instructors Teaching Style	How can I increase my learning potential in his/her class?

## Design Your Perfect Learning Environment

If you are like most people, doing homework or comprehending detailed information is not on your top ten "favourite things to do" list. You *intend* to study, but then *something* distracts you. You don't understand why you can't concentrate. After all, the room is quiet, you have a bright light over head, your desk is clean, and it is an excellent time to sit down to study.

The traditional idea of a suitable place to study has been around for generations. A structured place with pens, pencils, desk, chair, light, and no distractions seems to be the most optimal study environment for most. But for some of you, it is closer to being in prison without parole.

What if you could design your perfect learning environment? The place where you not only memorised information, but really understood it and made connections to other concepts you learned. Have you ever had an extremely meaningful and productive study/work session? Where were you? Was anyone with you? Did you study in the morning or evening? Did you sit, stand, walk, or lay on the floor? Was it a quiet place, or did you have music playing? Was the space clean or messy, warm or cool, brightly or dimly lit? Did you munch on a snack? What had impact on your ability to concentrate and learn?

4) How much movement do you prefer? (i.e. sitting, standing, laying on the floor, walking on a tread mill, etc.)

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Why does this work for you?

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5) How do you like the noise level? (i.e. quiet, classical music, rock n' roll, nature sounds, headphones, etc.)

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Why does this work for you?

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6) How clean do you like your workspace? (i.e. very organised, just stuff I need around me, no order, etc.)

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Why does this work for you?

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7) How do you prefer the temperature? (i.e. cool, warm, very warm, air-conditioned, humid, etc.)

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Why does this work for you?

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8) How do you prefer the light? (i.e. bright light, soft light, daylight, dim light, no shadows, I don't notice, etc.)

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Why does this work for you?

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9) Do you like to snack? (i.e. chips, soda, coffee, popcorn, bottled water, juice, veggies, chewing pencils, etc.)

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Why does this work for you?

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10) Do you like to take frequent breaks or plough through uninterrupted? (i.e. stretch every 15 min., drag homework out all day long, bulldoze all my work at once and don't stop no matter how long it takes, etc.)

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Why does this work for you?

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