



Activity 1: Personal Learning Styles Inventory¹

Instructions:

For each of the prompts below, rank options “a” through “d” using a scale of 1 – 4.

The number 1 should be assigned to the option that is least like you and number 4 to the response that is most like you. Be sure to completely rank each prompt using 1 – 4.

Add up your scores for each response at the bottom of this sheet.

1. When solving a problem, I prefer to

- a.) take a step-by-step approach
- b.) take immediate action
- c.) consider the impact on others
- d.) make sure I have all the facts

2. As a learner, I prefer to

- a.) listen to a lecture
- b.) work in small groups
- c.) read articles and case studies
- d.) participate in role plays

3. When the trainer asks a question to which I know the answer, I

- a.) let others answer first
- b.) offer an immediate response
- c.) consider whether my answer will be received favorably
- d.) think carefully about my answer before responding

4. In group discussions, I

- a.) encourage others to offer their opinions
- b.) question others' opinions
- c.) readily offer my opinion
- d.) listen to others before offering my opinion

¹ From Train the Trainer: Facilitator's Guide by Karen Lawson; Copyright © 1998 by Karen Lawson.

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5. I learn best from activities in which I

- a.) can interact with others
- b.) remain uninvolved
- c.) take a leadership role
- d.) can take my time

6. During a lecture, I listen for

- a.) practical how-to's
- b.) logical points
- c.) the main idea
- d.) stories and anecdotes

7. I am impressed by a trainer's

- a.) knowledge and expertise
- b.) personality and style
- c.) use of methods and activities
- d.) organization and control

8. I prefer information to be presented in the following way

- a.) model such as a flow chart
- b.) bullet points
- c.) detailed explanation
- d.) accompanied by examples

9. I learn best when I

- a.) see relationships between ideas, events, and situations
- b.) interact with others
- c.) receive practical tips
- d.) observe a demonstration or video

10. Before attending a training program, I ask myself, "Will I...?"

- a.) get practical tips to help me in my job
- b.) receive lots of information
- c.) have to participate
- d.) learn something new

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11. After attending a training session, I

- a.) tend to think about what I learned
- b.) am anxious to put my learning into action
- c.) reflect on the experience as a whole
- d.) tell others about my experience

12. The training method I dislike the most

- is a.) participating in small groups
- b.) listening to a lecture
- c.) reading and analyzing case studies
- d.) participating in role plays

Scores

