How do you learn best? The Chinese proverb “I hear, I forget; I see, I remember; I do, I understand” expresses the widely-held notion that many of us learn best when we “get our hands dirty” with the subject matter. However, recent research suggests that there is a wide variety of preferred methods for people to receive and process information. This quiz will assist you in determining how you learn best. The simple instructions at the end of the quiz will help you pinpoint the study aids in this course that will make statistics more understandable and enjoyable.

Circle the letter of the answer that best explains your preference. Circle more than one if a single answer does not match your perception.

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
</table>
| 1. You are about to give directions to a person who is standing with you. She is staying in a hotel in town and wants to visit your house later. She has a rental car. Would you: | a. draw a map on paper?  
b. tell her the directions?  
c. write down the directions (without a map)?  
d. pick her up at the hotel in your car? |
| 2. You are not sure whether a word should be spelled “dependent” or “dependant.” Do you | a. look it up in the dictionary?  
b. sound it out in your mind?  
c. see the word in your mind and choose by the way it looks?  
d. write both versions down on paper and choose one? |
| 3. You have just received a copy of your itinerary for a world trip. This is of interest to a friend. Would you | a. show her on a map of the world?  
b. call her immediately and tell her about it?  
c. send her a copy of the printed itinerary?  
d. share what you plan to do at each place you visit? |
| 4. You are going to cook something as a special treat for your family. Do you | a. thumb through the cookbook looking for ideas from the pictures?  
b. refer to a specific cookbook where there is a good recipe?  
c. read details about it.  
d. play with the controls and listening to it.  
a. its fashionable and upscale appearance. |
| 5. A group of tourists has been assigned to you to find out about wildlife preserves or parks. Would you | a. drive them to a wildlife preserve or park?  
b. give them pamphlets or a book on wildlife preserves or parks?  
c. give them a talk on wildlife preserves or parks? |
| 6. You are about to purchase a new CD player. Other than price, what would most influence your decision? | a. its fashionable and upscale appearance. |
| 7. Recall a time in your life when you learned how to do something like playing a new board game. Try to avoid choosing a very physical skill, e.g., riding a bike. How did you learn best? By | a. visual clues—pictures, diagrams, charts?  
b. written instructions?  
c. listening to somebody explaining it?  
d. doing it or trying it? |
| 8. You have an eye problem. Would you prefer that the doctor | a. show you a diagram of what is wrong?  
b. explain it to you?  
c. use a model to show what is wrong? |
| 9. You are about to learn to use a new program on a computer. Would you | a. draw you a map on paper?  
b. tell you the directions?  
c. write down the directions (without a map)?  
d. pick you up at the hotel in their car? |
| 10. You are staying in a hotel and have a rental car. You would like to visit friends whose address/location you do not know. Would you like them to | a. draw you a map on paper?  
b. tell you the directions?  
c. write down the directions (without a map)?  
d. pick you up at the hotel in their car? |
| 11. Apart from price, what would most influence your decision to buy a particular book? | a. you have used a copy before.  
b. if you heard a radio review about it.  
c. if you read a review about it.  
a. if you saw a preview of it. |
| 12. A new movie has arrived in town. What would most influence your decision to go (or not go)? | a. if you heard a radio review about it.  
b. if you read a review about it.  
c. if you saw a preview of it. |
| 13. Do you prefer a lecturer or teacher who likes to use | a. textbook, handouts, readings?  
b. flow diagrams, charts, graphs?  
c. field trips, labs, practical sessions?  
a. discussion, guest speakers? |
How You Learn Best

Count your choices


Now match the letter or letters you have recorded most to the same letter or letters in the Learning Styles Chart below. You may have more than one learning style preference—many people do. Below each letter in the Learning Styles Chart below are suggestions that will refer you to different learning aids in this course.

**LEARNING STYLES CHART**

### V VISUAL

This preference includes the depiction of information in charts, graphs, flow charts, and all the symbolic arrows, circles, hierarchies, and other devices that instructors use to represent what could have been presented in words. Note: This definition does not include the use of television, videos, and films. These media are primarily Aural (A) and Kinesthetic (K) because of their presentation of sound and reality (usually). They rarely use graphics.

<table>
<thead>
<tr>
<th>What to do when studying</th>
<th>What to do when studying (cont.)</th>
<th>Text-related features that may help you the most</th>
<th>What to do prior to and during exams</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Pay close attention to charts and graphical displays in text and ppt slides. • Underline • Use different colors • Use symbols and pictures in notes • View videos on course content website</td>
<td>• Convert notes into page pictures*. To do this: - Reconstruct images - Redraw pages from memory - Replace words with symbols and initials - Look at your pages</td>
<td>• Chapter objectives • Worked examples in text and on content website • Shaded definition boxes • Applets on text course content website • Excel instructions in text • Excel tutorials on text course content website</td>
<td>• Recall your “page pictures” • Draw pictures and diagrams where • Practice turning your visuals back into words • Review graphics on ppt slides available on 311-related web sites • Multimedia learning aids on course content website</td>
</tr>
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</table>

### A AURAL

This perceptual mode describes a preference for information that is “spoken or heard.” Students with this modality report that they learn best from lectures, tutorials, labs and talking to other students.

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<tr>
<td>• View classroom capture lectures. • Discuss topics with classmates on webassign forums • Explain new ideas to other people • Describe ppt slides, pictures, and other visuals to somebody who is not in the class</td>
<td>• Expand your notes taken when listening to classroom capture lectures by talking with others and with information from text and ppt slides on course webpage</td>
<td>• Solve practice problems on course content website • Chapter Objectives in text and on course content website • Chapter Summary • Important Terms • Glossary</td>
<td>• Make key concepts aural by explaining/talking about them • Talk with your instructors. • Spend time in quiet places recalling key ideas out loud • Talk through solutions to old exam questions</td>
</tr>
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### How You Learn Best

#### R | READING/WRITING

This preference is for information displayed as words.

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<tbody>
<tr>
<td>• Use ebook/text frequently</td>
<td>• Write out key words again and again</td>
<td>• Chapter Objectives</td>
<td>• Write attempts at solving exam practice problems</td>
</tr>
<tr>
<td>• Use lists and headings</td>
<td>• Silently reread any notes you may have</td>
<td>• Worked examples in ebook/text</td>
<td>• Practice with multiple choice questions</td>
</tr>
<tr>
<td>• Read ebook/text, powerpoint slides, and worked examples at course content website</td>
<td>• Rewrite ideas and principles into other words</td>
<td>• Practice problems in ebook</td>
<td>• Prepare first version of exam note card in outline form</td>
</tr>
<tr>
<td>• Use lists and headings</td>
<td>• Turn charts and graphical displays into statements</td>
<td>• Applets on course content website</td>
<td>• Mastery points at course content website</td>
</tr>
</tbody>
</table>

#### K | KINESTHETIC

This is a preference for the use of experience and practice (simulated or real). Although such an experience may invoke other modalities, the key is that the individual is connected to reality, either through experience, example, practice, or simulation.

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<tr>
<td>• Use all your senses.</td>
<td>• Refer to case studies and applications to help with principles and abstract concepts</td>
<td>• Application boxes in text</td>
<td>• Actively solve exam practice problems sent to class</td>
</tr>
<tr>
<td>• Do the instant feedback practice problems on course content website</td>
<td>• Use pictures and graphical displays to illustrate ideas</td>
<td>• End-of-section exercises in ebook/text</td>
<td>• Solve instant feedback practice problems on course content website</td>
</tr>
<tr>
<td>• Focus on the many real-life examples</td>
<td></td>
<td>• Instant feedback exercises on course content website</td>
<td>• Earn mastery points on course content website for test-related material (for chapter 18 and later)</td>
</tr>
<tr>
<td>• Pay attention to applications</td>
<td></td>
<td>• Chapter Summary</td>
<td></td>
</tr>
<tr>
<td>• Use hands-on approaches</td>
<td></td>
<td>• Key Terms</td>
<td></td>
</tr>
<tr>
<td>• Use trial-and-error methods</td>
<td></td>
<td>• Case Studies</td>
<td></td>
</tr>
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</table>

**NOTE:** The course content website is [http://www.pearsonmylabandmastering.com/northamerica/](http://www.pearsonmylabandmastering.com/northamerica/). At this website and at our class webpage [http://www.stat.ncsu.edu/people/reiland/courses/st311/](http://www.stat.ncsu.edu/people/reiland/courses/st311/) there are many resources from which to choose that will enable you to match your learning of the material to your learning style.

*Source: Adapted from VARK pack. ©Copyright Version 2.0 (2000) held by Neil D. Fleming, Christchurch, New Zealand, and Charles C. Bonwell, Green Mountain Falls, Colorado 80819 (719) 684-9261. There is a VARK website at [www.vark-learn.com](http://www.vark-learn.com).*