Learning Styles – Self-Assessment of Preferred Learning Styles

Each person should complete and score the Self-Assessment Inventory

Instructions: Rate each statement with "4" being the most accurate for you.

	Prefer to Learn by …					
1	Discussing my work with colleagues, because it helps me to think about what I am doing.	0	1	2	3	4
2	Accurately recalling, but keeping an open mind about what I heard or saw in a situation such as observation of someone else's work.	0	1	2	3	4
3	Reasoning out logically for myself the relationship between events, or experiences.	0	1	2	3	4
4	Testing out my own ideas.	0	1	2	3	4
5	Participating in group thinking and discussion, contributing my ideas, receiving the group's reactions and achieving consensus about what to do.	0	1	2	3	4
6	Developing my ideas through interacting in the everyday situations with lots of people such as colleagues, friends and family.	0	1	2	3	4
7	Reading textbooks or articles and arriving at the meaning for myself – I like an intellectual challenge.	0	1	2	3	4
8	Doing something concrete, like actually interviewing, rather than reading about theory.	0	1	2	3	4
9	Deriving ideas by reflecting critically on my past experiences, for example, in my career, or when I was learning the skills I now use, or even referring to past writing of mine.	0	1	2	3	4
10	Deriving my ideas and concepts from experts, or using resource books prepared by qualified specialists.	0	1	2	3	4
11	Relying on my gut reaction to the overall picture of a situation, for example, in my workplace.	0	1	2	3	4
12	Experimenting with new methods or ideas about practice.	0	1	2	3	4
13	Working from a set of principles or recognized theory as the guidelines in my own practice and in my supervision of trainees.	0	1	2	3	4
14	Observing impartially what happens in my own place of work.	0	1	2	3	4
15	Working in groups where I am expected to throw in ideas which may be creative or imaginative, but may not appear strictly logical.	0	1	2	3	4
16	Being challenged to explore new experiences and ideas or take on a new role despite the uncertainties and possibility of criticism.	0	1	2	3	4

Scoring:

Total possible score for any category is 16.

- **Concrete Experience (CE): Add Question Numbers 1, 6, 8, 11**
- **Reflective Observation (RO): Add Question Numbers 2, 9, 14, 15**
- **Abstract Conceptualization (AC): Add Question Numbers 3, 7, 10, 13**
- **Active Experimentation (AE): Add Question Numbers 4, 5, 12, 16**

CE_____	RO_____	AC_____	AE_____
Score	Score	Score	Score