The Four Learning Style Dimensions

**Interpreting your score:** When you totaled your choices on the score sheet, the total of a’s and b’s in each column should have indicated a preference on each of these 4 factors of your learning style. For example, if in the first column you selected more a’s than b’s, that would have indicated that you would more likely show an E or Extrovert preference rather than an I or Introverted preference. However, if you had a tie, 6 a’s and 6 b’s, then it is often helpful to examine each list of characteristics for the columns below to determine if one of the factors is more “like you” than the other. Most of the time peoples’ preferences fall more into one column than the other, but being in the center is possible.

**Extrovert** (@60% of population)
- learns best from doing
- is more at ease and confident socially
- likes to know how others are doing it
- gets energized from socializing
- readily volunteers and offers opinions
- ideas start from the outside in

**Introvert** (@40% of population)
- likes to watch before doing
- prefers working alone or with one other
- sets own standards when possible
- likes quiet space to work
- seems "deep" and hard to understand
- ideas start from inside out

**Sensate** (@65% of population)
- is more realistic and practical
- is more patient and steady
- uses his/her experience and common sense
- likes routines and order
- looks more for what is actual and sensible
- lives in the here and now

**Intuitive** (@35% of population)
- is more imaginative and abstract
- likes new challenge, works in spurts
- trusts what makes sense to her/him
- dislikes routine and detail work
- looks more for what is possible
- lives toward her/his vision of the future

**Feeler** (@65% of females: 45% of males)
- is more interested in people than ideas
- focuses more on personal relationships
- likes harmony dislikes conflict
- is tuned in to others’ feelings
- is warm and arouses enthusiasm
- makes decisions based on his/her heart

**Thinker** (@55% of males: 35% of females)
- is more interested in fascinating ideas
- wants things to be fair and reasonable
- stands-up for what he/she thinks
- is tuned in to logical consistency
- is cool-headed and impartial in conflict
- makes decisions based on rational thought

**Juder** (@45% of population)
- is more decisive than curious
- likes planned and scheduled activities
- has very set opinions
- feels good when things are completed
- likes order and organization
- may make decisions too quickly

**Perceiver** (@55% of population)
- is more curious than decisive
- likes the spontaneous and unplanned
- is flexible, adaptable, and tolerant
- like to keep options open
- seeks more to understand than manage things
- may have trouble making up her/his mind

The combination of your four preferences makes up your four factor “learning style.” Taking the underlined letters from the factor titles above, you will obtain one of the 16 possible learning style combinations (i.e., ENTJ, ISFP, ESTP, or INFJ). Remember there are no better or more important styles. Those who prefer to work out of each side of the four factors are needed to make things work.

The more your score fell on one side of the column than the other, the more you will likely show a greater comfort working in that mode. While we all have the ability to work in either mode, understanding the modes that are the most comfortable for you will help you learn to be more successful and appreciate your unique gifts. You can learn more about how your preferences affect your style of learning, living and acting in the following pages.