

Learning Preferences Inventory

Read through the statements. Choose your level of agreement or disagreement with the statement, as per the rating key.

Rating Key

Rating	Descriptor
1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

Item	Descriptor	Rating
1	When I read, I like to have a lot of light	
2	I learn well by hearing how to do something, e.g., a recording or lecture	
3	I would rather study in a library than in an office or coffee shop	
4	I find it difficult to concentrate when there is music playing	
5	I am self-motivated	
6	I work or study well in the evening after the day is done	
7	I have trouble concentrating when I am working or studying with other people	
8	I like to draw, doodle or use diagrams when I learn	
9	I am comfortable when others around me say it is too warm	
10	I like my family and friends to know when I have done a good job at work	
11	I enjoy learning new things about my work	
12	It's difficult for me to concentrate if I am cold	
13	Noise and background conversations or music really bother me if I need to concentrate	
14	I work or study well in the afternoon	
15	I prefer to work and/or study alone	
16	I have trouble studying when I sit on a soft chair or couch or lie on the floor	
17	When I work, I like to have all the lights on	
18	I like my teachers, instructors and boss to recognise my efforts	
19	I learn well by trying things out myself with my own hands	
20	I concentrate best when I am at a desk	
21	I would rather be warm than cold	
22	I prefer working in bright light	
23	The things I remember best are the things I hear, like stories and lectures	
24	I learn best by doing it	
25	I get a lot of satisfaction doing the best I can	
26	I work better when I know my work will be checked by someone	
27	I learn well by seeing how to do something (e.g., seeing a diagram, picture or watching someone demonstrate)	
28	I get less work done when I am working with someone else	

29	I work or study well in the morning	
30	I find it difficult to block out noise when I am trying to work.	

In this Inventory – we don't add up the numbers to get a total – what we are looking for are the preferences for the context in which learning takes place. It is about looking at the critical factors that need to be taken into consideration to ensure that the environment is one where learning opportunities are enhanced and optimised.

It is recommended that when discussing the results of this Inventory, the Mentee and Mentor agree what they will create in terms of conditions and atmosphere during working sessions. And agree how the Mentee will manage their own space and circumstances when they are focusing on work they have agreed to do outside of sessions.