

Different People, Different Needs Quiz

- Label three areas of the room A, B and C.
- Explain that you're going to read out different situations and you'd like them to move to the area of the room that closest matches how they personally would prefer to gain that knowledge.
- Read each of the situations below out loud one by one, allowing time for the participants to move around and discuss their reasons.

1. You want to find out how to get to a new shopping centre from the train station. Would you prefer to do this by:

- A. Reading a map
- B. Asking someone the way
- C. Heading off in roughly the right direction

2. You want to learn how to change the wheel of a car. Would you prefer to do this by:

- A. Following instructions in the form of diagrams
- B. Being told how to do it verbally
- C. Copying someone as they do it

3. You're trying to insert a picture into a document on the computer but can't work out how to do it. Would you prefer to:

- A. Watch a video on the internet explaining how to do it
- B. Call your friend, who can do it, and ask them to talk you through it
- C. Keep trying on the computer until you work it out yourself

4. You need to learn how to draw up a budget in order to plan for a wellbeing project. Would you prefer to do this by:

- A. Watching someone do it first
- B. Chatting things through with another person
- C. Having a go yourself and learning by trial and error

5. You need to find out who the different emotional wellbeing support agencies are in your town. Would you prefer to do this by:

- A. Reading the councils webpage
- B. Listening to an interview on the subject on the radio
- C. Walking around town to look for different agencies on the high street and local area

6. You need to get a new mobile phone. Would prefer to do this by:

- A. Picking up lots of leaflets from different shops and reading them through first
- B. Calling into a few shops and talking to the assistants there
- C. Having a play on some of your mates' phones first

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How did you answer?

Your answers say something about the type of learning style you best respond to.

Were you mostly A's B's or C's?
- see what that means below!

Mostly A's - VISUAL

Learn best by seeing things, for example watching a film, reading instructions or looking at a picture

Mostly B's - AUDITORY

Learn best by listening to information or instructions

Mostly C's - KINAESTHETIC

Learn best by 'doing' - by trying things out and learning as they go along.