

Name: _____

How Do You Learn?

Directions: In each section, check each description that applies to you. Leave the others blank.

Section A

1. _____ If I need to spell a word correctly, I write it down to see if it "looks" right.
2. _____ I can remember names if I see them written on name tags.
3. _____ I enjoy reading books and looking at the pictures.
4. _____ I would prefer to read the directions or look at the illustrations before beginning a project.
5. _____ To remember what my teacher says in class, it helps me to take notes.
6. _____ I usually write down all of my assignments to help me remember them.
7. _____ A good way for me to practice vocabulary words would be to use flashcards.
8. _____ I like my desk and locker to be organized.
9. _____ I can sit still to watch TV or work on the computer for a long time.
10. _____ I understand things better when I read them than when I listen to them.
11. _____ I like for my folks to make a list of the chores I need to do rather than just tell me.
12. _____ I can picture things easily in my mind.

TOTAL NUMBER OF CHECKS IN SECTION A _____

Name: _____

Section B

1. _____ If I hear someone's name, I remember it easily.
2. _____ I prefer to listen to a book on audio tape rather than read it.
3. _____ I can pay attention and remember easily when my teacher reads aloud to us.
4. _____ I use jingles and songs to help me memorize things.
5. _____ If I were lost, I would stop and ask someone for directions rather than look at a map.
6. _____ In reading, I can best remember a story if we have a class discussion about it.
7. _____ I remember songs after hearing them only a couple of times.
8. _____ I often read and study by repeating information aloud to myself.
9. _____ I am distracted by background noise (like pencil tapping) when I am taking a test.
10. _____ I like to study for tests by having someone quiz me aloud.
11. _____ I like to talk and listen.
12. _____ I work math story problems by talking through them aloud.

TOTAL NUMBER OF CHECKS IN SECTION B _____

Name: _____

Section C

1. _____ It is hard for me to pay attention when I must sit still for a whole class period.
2. _____ I enjoy sports and being active.
3. _____ I count on my fingers or with other objects when I do math problems.
4. _____ My favorite classes are those where I can move around a lot.
5. _____ I would almost always choose to play outside rather than sit inside and read a book or listen to tapes.
6. _____ I have a hard time staying neat and organized.
7. _____ I am good at skills that require precise movements like walking on a balance beam, serving a volleyball or playing ping-pong.
8. _____ I prefer to learn a new activity by being shown how to do it rather than reading about it or listening to a tape about it.
9. _____ I would like to act out stories rather than talk about them.
10. _____ I have a good sense of balance and rhythm.
11. _____ I can learn new dance steps or athletic skills after only trying them a few times.
12. _____ I would like to study my multiplication tables by saying them in rhythm while I jumped rope.

TOTAL NUMBER OF CHECKS IN SECTION C _____

Name: _____

Now write your section totals in the spaces below.

A=

B=

C=

A. If your highest total is in section A, you are likely a **VISUAL** learner. You remember best by using your eyes.

B. If your highest total is in section B, you are likely a **AUDITORY** learner. You remember best by using your ears.

C. If your highest total is in section C, you are likely a **KINESTHETIC** learner. You need movement or activity while you study to remember best.

Now fill in the blanks below:

I am strongest as a _____ learner.

My second area of strength is as a _____ learner.

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