

HOW DO I LEARN ?

Carefully read each statement. Mark an X in the box if the statement describes you. Leave the box blank if this statement does not describe you.

1. I am usually quiet.	<input type="checkbox"/>		
2. I like to doodle during class.	<input type="checkbox"/>		
3. I like to hum or sing while doing things.	<input type="checkbox"/>		
4. I would rather watch than talk or do something.	<input type="checkbox"/>		
5. I usually tap a pencil or my foot while studying.			<input type="checkbox"/>
6. Spelling is very hard for me.			<input type="checkbox"/>
7. I have very good handwriting.	<input type="checkbox"/>		
8. I enjoy talking to people		<input type="checkbox"/>	
9. I talk to myself when studying or doing something.		<input type="checkbox"/>	
10. I use my hands when I am talking to someone			<input type="checkbox"/>
11. I dress for comfort, not fashion.			<input type="checkbox"/>
12. Noises distract me when studying.		<input type="checkbox"/>	
13. I like to read and will spend free time reading.	<input type="checkbox"/>		
14. Spelling is usually very easy for me.	<input type="checkbox"/>		
15. I like to touch and use my hands during activities.			<input type="checkbox"/>
16. I enjoy trying new things.			<input type="checkbox"/>
17. I like to listen while someone reads out loud.		<input type="checkbox"/>	
18. I usually whisper to myself when I read.		<input type="checkbox"/>	
19. I am very neat at home and at school.	<input type="checkbox"/>		
20. I like to move around a lot during class.			<input type="checkbox"/>
21. I like class activities when I can touch or move			<input type="checkbox"/>
22. I really enjoy listening to music.		<input type="checkbox"/>	
23. I am easily distracted by noises.		<input type="checkbox"/>	
24. I can memorize using graphics or pictures.	<input type="checkbox"/>		
25. I like to role play, or move during activities.			<input type="checkbox"/>
26. I like to speak or listen to guest speakers at school.		<input type="checkbox"/>	
27. I like written instructions over verbal instructions.			<input type="checkbox"/>
28. I keep my notebook and room very organized.	<input type="checkbox"/>		
29. I would rather do something than sit and read.			<input type="checkbox"/>
30. I easily remember things that I hear		<input type="checkbox"/>	

Count the X's in each column and mark the Totals

Column 1 = Visual Column 2 = Auditory Column 3 = Kinesthetic