

# How Do I Prefer to Learn?

For each of the following, rank the possible responses from 1 to 7.

Use 7 for the response that fits you best, 1 for the response that is least suited to you.

1. In my free time I like to

- a) draw or paint
- b) spend time with friends
- c) listen to music
- d) daydream
- e) read a good book
- f) solve puzzles (like rubix cubes or two-minute mysteries)
- g) do something active

2. In school I enjoy

- a) art projects
- b) things that help me get to know other people better
- c) things that involve music
- d) learning more about myself
- e) reading and writing
- f) math or science
- g) classes where we move around a lot

3. It is easiest for me to remember things that

- a) I can see in my mind
- b) I have talked about with my friends
- c) remind me of a certain piece of music
- d) stir up my emotions
- e) I have heard a story about
- f) follow a logical pattern
- g) I have done

4. If I were trying not to be nervous, I would find it helpful to

- a) doodle
- b) talk with a friend
- c) whistle or sing
- d) meditate
- e) write in a journal
- f) analyze whatever was worrying me and list the different things I could do to deal with it
- g) go out and do something physical

5. I learn best when I can

- a) make or draw a model of what I'm learning
- b) make connections between what I'm learning and the ways people interact
- c) put what I'm learning to music or to a beat
- d) relate what I'm learning to my understanding of myself
- e) explain what I'm learning to someone else
- f) put things in categories
- g) do some "hands-on" learning



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6. I like

- a) building things
- b) interacting with other people
- c) creating sound effects
- d) spending time alone
- e) playing with words
- f) playing with numbers
- g) being active

7. I understand things best when

- a) someone shows me how they work
- b) my friends explain them to me
- c) they are expressed in music or with sound effects
- d) they have something to do with who I am
- e) I have read the instructions
- f) they follow a pattern
- g) I have done them myself

8. I like learning

- a) how to design things
- b) how to understand other people better
- c) music
- d) new things about myself
- e) stories
- f) scientific facts
- g) how to play a new sport or do a new dance step

9. I'm good at

- a) making pictures
- b) understanding people
- c) recognizing music
- d) imagining things
- e) writing or speaking
- f) solving problems
- g) drama or sports

10. People compliment me for

- a) being artistic
- b) being a good listener
- c) having a good sense of rhythm
- d) being self reliant
- e) being articulate (or good with words)
- f) being logical
- g) being co-ordinated

Add the total score for each letter and write it here:

a \_\_\_\_\_

b \_\_\_\_\_

c \_\_\_\_\_

d \_\_\_\_\_

e \_\_\_\_\_

f \_\_\_\_\_

g \_\_\_\_\_