

## How Do You Learn?

For each item below, check the response that most closely describes your typical behavior.

1. In a meeting, I . . .
  - A. Take lots of notes, often with lots of doodles
  - B. Sit near the action so I can hear and participate in discussions
  - C. Tend to get restless quickly, have the urge to move around
2. I get the most out of workshops where the presenter . . .
  - A. Uses lots of audio-visual aids and handouts
  - B. Is a good speaker
  - C. Involves participants in exercises and hands-on experiences
3. When someone asks me to critique something they wrote, I prefer to . . .
  - A. Read it quietly to myself
  - B. Have it read to me
  - C. Read it aloud while pacing about
4. When I need to make a big decision, I prefer to . . .
  - A. Analyze my options on paper
  - B. Sit in a comfortable place and listen to music
  - C. Do something active like jogging, walking, or working in the yard
5. When I studied a foreign language, I learned best when . . .
  - A. Reading and writing the language
  - B. Speaking the language in the classroom
  - C. Trying the language out in real life situations
6. Prior to purchasing a major appliance, vehicle, or piece of equipment, I evaluate my choices by . . .
  - A. Reading about them
  - B. Talking to friends and associates for their advice
  - C. Trying the item out or seeing it in person
7. When learning how to use a new appliance, I . . .
  - A. Read all the directions before trying it out
  - B. Like to have someone tell me how to get started
  - C. Like to set it up and try it out first
8. When I get angry, I . . .
  - A. Clam up and keep it to myself
  - B. Quickly let others know I am angry
  - C. Clench my fists, pound the table, storm off
9. In my spare time, I prefer to . . .
  - A. Watch TV, go to movies, attend a play, or read
  - B. Listen to the radio, play records, or attend a concert
  - C. Engage in a physical activity

**Interpreting your answers:** Total how many times you selected the A, B, and C responses. If most of your answers were A's, this would tend to indicate that you are primarily a visual learner; if most are B's, an auditory learner; and if most are C's, a kinesthetic learner.

This evaluation form was adapted from questions field tested by Patricia Scallan for Child Care Information Exchange as well as from the research of Walter B. Barbe and Michael N. Milone, Jr.