

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