

WHAT'S MY STYLE

Circle the number beside the statement that best describes you.
Answer ALL questions.

I can best remember:

1. the things I read.
2. the things I hear.
3. the things I do.

When given something new to learn, I can best learn it by:

4. doing it myself.
5. having someone explain it to me.
6. having it shown to me.

When I read, I find that I:

7. can concentrate and I enjoy descriptions of people, places and things.
8. move my lips, avoid lengthy descriptions and usually don't notice illustrations.
9. move around, am restless and enjoy stories where action occurs early but usually don't like reading.

My writing can be described as:

10. poor when I was young and I write lightly most of the time.
11. always neat.
12. good, but it is getting worse. I usually push hard on the pen.

When trying to recall someone or something, I tend to remember:

13. faces and forget names.
14. names and forget faces.
15. best what I did and not what I saw or talked about.

When the teacher is giving instructions, I can remember it better if it is:

16. written down.
17. demonstrated.
18. given to me verbally.

When trying to concentrate, I can be:

19. easily distracted.
20. distracted by movement and am unaware of sound.
21. easily distracted by sounds and not too aware of movement.

When I am not active, I sometimes:

22. stare, doodle or find something to watch.
23. hum, talk to myself or others.
24. fidget or find some reason to move.

My clothes can usually be described as:

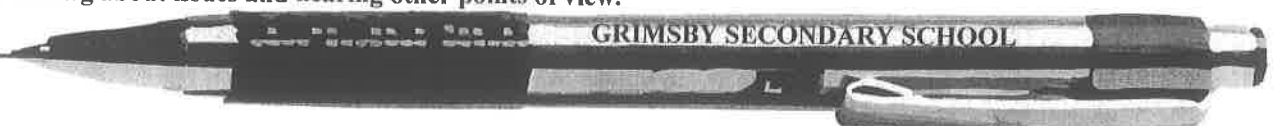
25. neat and tidy.
26. neat, but soon become wrinkled.
27. often not matched.

I can remember how to spell words by:

28. the way they sound.
29. writing them down to check if they feel right.
30. the way they look.

When working in a group, I:

31. would rather be somewhere else and usually spend my time doodling.
32. usually take notes to record the work.
33. enjoy talking about issues and hearing other points of view.



When walking into a room or situation, I prefer to:

34. talk about the room or situation with respect to its good and bad points.
35. look around and make a mental note where everything is.
36. try things out by touching or feeling them.

When imagining something, I like to:

37. think in pictures and imagine a lot of detail.
38. think in pictures that occur with movement.
39. talk to myself because these details are not that important.

When riding in a car, I:

40. like to listen to the radio.
41. like to look out the window to watch things.
42. cannot seem to get comfortable and am constantly changing positions.

People can generally tell how I feel by:

43. my body movement.
44. my tone of voice.
45. my facial expression.

When given a problem to solve, I prefer to:

46. make a list of possible solutions so I can see them.
47. talk about the solutions out loud so I can organize my thoughts.
48. get right to it by trying possible solutions right away.

In my spare time, I prefer to:

49. listen to the radio or CD's or play an instrument.
50. take part in some physical activity like building or making something.
51. read, watch television, go to movies or to go to a play.

As a student I like to be rewarded with:

52. positive comments written on my essay or test paper.
53. some contact like a pat on the back or a hand shake or some other physical action.
54. positive comments spoken to myself and the class.

The best way for a teacher to discipline is to:

55. use acceptable forms of physical activity (e.g. push-ups or rake leaves)
56. reason with the student and discuss the situation.
57. isolate the student by separating him or her from the group.

If I have some business with another person, I prefer to:

58. talk with the person while walking, jogging or doing something physical.
59. call them on the telephone since it saves time.
60. write them a letter or have face to face contact.

I keep up with the current news by:

61. reading the newspaper quickly or spending a few minutes watching the television news.
62. reading the newspaper quickly when I have time.
63. listening to the radio or the television news.

In a group, I:

64. enjoy listening but cannot wait to talk. I like to hear myself and others talk.
65. gesture when I talk and have difficulty listening to others.
66. am quiet, do not talk a lot and become uneasy when patient listening is required.

When I am angry, I usually:

67. clench my fists, grasp something tightly or storm off.
68. am quick to let others know why I am angry.
69. clam up and give others the "silent" treatment.

I learn best by:

- 70. seeing or watching demonstrations.
- 71. hearing spoken instructions.
- 72. doing things or being actively involved.

I:

- 73. like music and can talk about art.
- 74. respond to music by physical movement and like to touch statues, sculptures or art.
- 75. am not particularly interested in music but like to look at art.

WHAT'S MY STYLE

Auditory	Visual	Kinesthetic
2	1	3
5	6	4
8	7	9
10	11	12
14	13	15
18	16	17
21	20	19
23	22	24
27	25	26
28	30	29
33	32	31
34	35	36
39	37	38
40	41	42
44	45	43
47	46	48
49	51	50
54	52	53
56	57	55
59	60	58
63	61	62
64	66	65
68	69	67
71	70	72
73	75	74

Totals:

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Scoring: Circle the number corresponding to your answer and total the number of responses in each column.