

What are Your Learning Strengths?

This activity will help you find out what your strengths are. Knowing this will allow you to use those strengths to improve learning. It will also help you understand and be more patient with your children when trying to help them learn.

Visual Learner	Auditory Learner
<p>_____ I learn best through seeing.</p> <p>_____ I scan everything, want to see things, and enjoy visual stimulation.</p> <p>_____ I enjoy maps, pictures, diagrams, and color</p> <p>_____ I need to see people's body language/facial expressions.</p> <p>_____ I often close my eyes to visualize or remember something.</p> <p>_____ I tend to daydream.</p> <p>_____ I usually take detailed notes to absorb information.</p> <p>_____ I can think in pictures/learn best from visual displays (diagrams, illustrations, PowerPoint presentations, videos, handouts, etc.)</p> <p>_____ I prefer sitting at the front of a classroom to avoid visual obstructions.</p> <p>_____ I am usually neat and clean.</p> <p>_____ I find something to watch if I am bored.</p> <p>_____ I benefit from illustrations and presentations that use color.</p> <p>_____ I am attracted to written or spoken language rich in imagery.</p>	<p>_____ I prefer to follow verbal instructions rather than written ones.</p> <p>_____ I find it comfortable to add spoken numbers mentally.</p> <p>_____ I like to read out loud or listen to books on tape.</p> <p>_____ I am not afraid to speak in front of a crowd.</p> <p>_____ I enjoy giving oral reports.</p> <p>_____ I am good at explaining things.</p> <p>_____ I have little trouble remembering names.</p> <p>_____ I notice sound effects in movies.</p> <p>_____ I often repeat what has just been said</p> <p>_____ I am good at grammar and/or foreign language.</p> <p>_____ I tend to read slowly.</p> <p>_____ I follow spoken directions well.</p> <p>_____ I cannot keep quiet for long periods of time.</p> <p>_____ I hum or talk to myself or others when bored.</p>
Kinesthetic/Tactile Learner	TOTAL SCORE
<p>_____ My favorite class was gym since I love sports.</p> <p>_____ I enjoy activities such as woodworking, sewing, or building models.</p> <p>_____ When looking at things, I like touching them</p> <p>_____ I have trouble sitting still for any length of time.</p> <p>_____ I use a lot of body movements when talking</p> <p>_____ If I have to memorize something I write it out a number of times until I know it.</p> <p>_____ I tend to tap my fingers or play with my pencil while working.</p> <p>_____ In an argument, I tend to strike out and hit or run away.</p> <p>_____ If something breaks and won't work, I tend to play with the pieces to try to fit them together.</p> <p>_____ For a group presentation, I prefer to move the props around, hold things up or build a model.</p>	<p>Visual _____</p> <p>Auditory _____</p> <p>Kinesthetic/Tactile _____</p>