

## ACTIVITY 3

A quick way to assess your sensory learning preferences is shown below. Read each statement and, if it sounds like you, place a checkmark (✓) on the line to the left. If the statement doesn't sound like you, leave the line blank. Total your checkmarks for each section.

### Visual

- \_\_\_\_\_ I prefer reading more than listening or doing.
- \_\_\_\_\_ I learn more easily when I see a demonstration of what is being discussed.
- \_\_\_\_\_ I learn how to spell better by seeing words written on paper or in my mind's eye.
- \_\_\_\_\_ Seeing my notes is helpful for recalling what was discussed in class or a meeting.
- \_\_\_\_\_ I would rather read a newspaper than watch the news on television.
- \_\_\_\_\_ I remember people's faces better than their names.
- \_\_\_\_\_ I remember telephone numbers or e-mail addresses after seeing them once or twice.
- \_\_\_\_\_ **Total Visual Preferences**

### Auditory

- \_\_\_\_\_ I prefer listening more than reading or doing.
- \_\_\_\_\_ I learn how to spell by saying words aloud before writing them down.
- \_\_\_\_\_ I remember better when I explain what I am learning to someone else.
- \_\_\_\_\_ I learn best when I study with other people.
- \_\_\_\_\_ I learn more when I watch the news than when I read about it.
- \_\_\_\_\_ I remember better when I am told something.
- \_\_\_\_\_ I remember people's names better than their faces.
- \_\_\_\_\_ **Total Auditory Preferences**

### Tactile (or Kinesthetic)

- \_\_\_\_\_ I prefer doing more than reading or listening.
- \_\_\_\_\_ I prefer to learn through real-life experiences.
- \_\_\_\_\_ I have a hard time sitting still while working independently.
- \_\_\_\_\_ I take notes to help me concentrate and remember.
- \_\_\_\_\_ Rewriting my notes helps me learn.
- \_\_\_\_\_ If given a choice, I'd rather complete a project than write a report.
- \_\_\_\_\_ I like to doodle pictures in my notes.
- \_\_\_\_\_ **Total Tactile (or Kinesthetic) Preferences**