

## Self-Check ✓

The following self-evaluation will give you an idea of how familiar, or unfamiliar, you are with some of the topics and terms discussed in this chapter. After reading each statement, circle the letter Y or N to indicate the answer that is most appropriate for you. Answer honestly. Rate yourself at the end; then complete the information on your Self-Check Progress Chart.

Y = yes; frequently    N = no; never

- |   |   |   |
|---|---|---|
| 1. I know what learning styles are.   | Y | N |
| 2. I know my learning style preferences.  | Y | N |
| 3. I am familiar with how a sequential learner prefers to learn.                      | Y | N |
| 4. I am familiar with how a sequential instructor prefers to teach.                   | Y | N |
| 5. I am familiar with how a random learner prefers to learn.                          | Y | N |
| 6. I am familiar with how a random instructor prefers to teach.                       | Y | N |
| 7. I know if I am a more visual, auditory, or tactile learner.                        | Y | N |
| 8. I know several learning strategies that will help me learn best.                   | Y | N |
| 9. I am aware of other learning styles.   | Y | N |
| 10. I know how to adjust my learning styles to the teaching styles of my instructors. | Y | N |

### Rate Yourself:

Number of Ys \_\_\_\_\_  $\times$  100 = \_\_\_\_\_

Number of Ns \_\_\_\_\_  $\times$  0 = \_\_\_\_\_    **Total** \_\_\_\_\_