

# What is My Approach to Learning

Determine your approaches to learning and teaching. Check the statements in each category that apply to you.

\_\_\_ Books are very important to me.

\_\_\_ I can hear words in my head before I read, speak, or write them down.

\_\_\_ I get more out of listening to the radio or a spoken-word cassette than I do from television or videos.

\_\_\_ English, social studies, and history were easier for me in school than math and science.

\_\_\_ When I drive down a freeway, I pay more attention to the words written on billboards than to the scenery.

\_\_\_ My conversation includes frequent references to things that I've read or heard.

\_\_\_ I can easily compute numbers in my head. Math and/or science were among my favorite subjects in school.

\_\_\_ I enjoy playing games or solving brainteasers that require logical thinking.

\_\_\_ I like to set up "what if" experiences (for example, "What if I double the amount of water I give to my rose bush each week?")

\_\_\_ My mind searches for patterns or logical sequences in things.

\_\_\_ I like finding logical flaws in things that people say and do at home and work.

\_\_\_ I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.

\_\_\_ I often see clear visual images when I close my eyes.

\_\_\_ I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.

\_\_\_ I can generally find my way around unfamiliar territory.

\_\_\_ I can comfortably imagine how something might appear if it were looked at from a bird's eye view.

\_\_\_ I prefer looking at reading material that has lots of illustrations.

\_\_\_ I engage in at least one sport or physical activity on a regular basis.

\_\_\_ I find it difficult to sit still for long periods of time.

\_\_\_ I like working with my hands at concrete activities such as sewing, weaving, carving, or carpentry.

\_\_\_ My best ideas often come to me when I'm out for a long walk or jog, or when engaged in some other kind of physical activity.

\_\_\_ I frequently use hand gestures or other forms of body language when conversing with someone.

\_\_\_ I need to touch things in order to learn more about them.

\_\_\_ I need to practice a new skill rather than simply reading about it or seeing a video.

\_\_\_ I can tell you when a musical note is off-key.

\_\_\_ I frequently listen to music on radio, cassettes, or compact discs.

\_\_\_ I play a musical instrument.

\_\_\_ My life would be poorer if there were no music in it.

\_\_\_ I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.

\_\_\_ I can easily keep time to a piece of music or musical pieces.

\_\_\_ I often make tapping sounds or sing little melodies while working, studying, or learning something new.

\_\_\_ I'm the sort of person that people come to for advice and counsel at work or in my neighborhood.

\_\_\_ When I have a problem, I'm more likely to seek out another person for help than attempt to work it out on my own.

\_\_\_ I favor social pastimes over individual recreation such as video games and solitaire.

\_\_\_ I enjoy the challenge of teaching another person, or groups of people, what I know how to do.

\_\_\_ I like to get involved in social activities connected with my work, church, or community.

\_\_\_ I would rather spend my evening at a lively social gathering than stay at home alone.

\_\_\_ I regularly spend time alone meditating, reflecting, or thinking about important life questions.

I have a special hobby or interest that I keep pretty much to myself.

\_\_\_ I have a realistic view of my strengths and weaknesses.

\_\_\_ I would prefer to spend a weekend alone in a cabin in the woods rather than at a fancy resort with lots of people around.

\_\_\_ I consider myself to be strong-willed or independent-minded.

\_\_\_ I keep a personal diary or journal to record the events of my inner life.

\_\_\_ I like to spend time outdoors.

\_\_\_ I enjoy collecting objects from nature.

\_\_\_ I know the scientific names of many plants and animals.

\_\_\_ My idea of relaxing is looking at a seed catalog or working in the yard.

\_\_\_ My hobbies include taking care of plants and/or pets.