

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.

Verbal

___ 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.

Logical

___ 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.

Visual

___ 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.

Physical

___ 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.

Musical

___ 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.

Relational

___ 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.

Reflective

___ 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.

Natural