

FIND YOUR STRENGTH¹

VISUAL, AUDITORY, OR TACTILE/KINESTHETIC

DIRECTIONS: Complete the sentence by marking the letter on the right of the statement that is most typical of you. Then count the number of checks in each column. This will give you a rough idea of your strength in each area.

Choose **A, B, or C**

- | | |
|---|---|
| <p>1. My emotions can often be interpreted from my:
<input type="checkbox"/> A. Facial expressions
<input type="checkbox"/> B. Voice quality
<input type="checkbox"/> C. General body tone</p> <p>2. I keep up with current events by:
<input type="checkbox"/> A. Reading the newspaper/webnews
<input type="checkbox"/> B. Listening to the radio/MP3
<input type="checkbox"/> C. Scanning the paper or spending a few minutes watching the news on TV or the internet</p> <p>3. If I have business to conduct with another person, I prefer:
<input type="checkbox"/> A. Face-to-face meetings or writing emails
<input type="checkbox"/> B. The telephone it saves time
<input type="checkbox"/> C. Conversing or texting while walking, jogging, or doing something physical</p> <p>4. When I'm angry, I usually:
<input type="checkbox"/> A. Clam up and give others the silent treatment
<input type="checkbox"/> B. Am quick to let others know why I am angry
<input type="checkbox"/> C. Clench my fist or storm off</p> <p>5. When I'm driving, I:
<input type="checkbox"/> A. Frequently check the rear view mirror and watch the road carefully
<input type="checkbox"/> B. Turn on the radio/CD as soon as I enter the car
<input type="checkbox"/> C. Can't get comfortable and continually shift position</p> | <p>6. I consider myself:
<input type="checkbox"/> A. A neat dresser
<input type="checkbox"/> B. A sensible dresser
<input type="checkbox"/> C. A comfortable (casual) dresser</p> <p>7. At a meeting, I:
<input type="checkbox"/> A. Come prepared with notes and displays
<input type="checkbox"/> B. Enjoy discussing issues
<input type="checkbox"/> C. Would rather be somewhere else</p> <p>8. In my spare time, I would rather:
<input type="checkbox"/> A. Watch TV, go to a movie, play on the computer, or read
<input type="checkbox"/> B. Listen to the radio or ipod, attend a concert, or play an instrument
<input type="checkbox"/> C. Engage in a physical activity of some kind</p> <p>9. The best approach to discipline is to:
<input type="checkbox"/> A. Isolate the student from the peer group
<input type="checkbox"/> B. Reason with the student
<input type="checkbox"/> C. Use acceptable forms of physical punishment</p> <p>10. The most effective way of rewarding students is:
<input type="checkbox"/> A. Positive written notes or awards others can see
<input type="checkbox"/> B. Oral praise to the student in front of peers
<input type="checkbox"/> C. A pat on the back or hug</p> |
|---|---|

Total of each: _____ A's (Visual) _____ B's (Auditory) _____ C's (Tactile-Kinesthetic)

¹ Adopted from: Marlene LeFever, *Learning Styles*, Colorado Springs: D.C. Cook, 1995, p.101-102.