

**HOW DO I LEARN BEST?**

Name: \_\_\_\_\_

**Everyone learns in different ways. Discovering your learning strength(s) is important to being successful. Using your strengths helps you learn better.**

Complete each sentence by circling the letter which best describes you. If you find that more than one answer applies to you, you may circle a second letter. Make a choice.  
DO NOT circle every letter.

**1. When I learn something new, I like to ...**

- A) watch someone show me how.
- B) hear someone tell me how.
- C) try to do it by myself.

**2. When I read or have someone tell me a story, I ...**

- A) paint a picture in my head.
- B) hear the words inside my head.
- C) can almost feel what's going on in the story, and want to move.

**3. When I print or write, I ...**

- A) want my printing to look neat and well-spaced.
- B) say the letters or sounds to myself.
- C) push hard on my pencil as I make the letters.

**4. I like it when the teacher ...**

- A) uses pictures to help me understand or learn.
- B) uses different voices, sounds and words.
- C) has us act things out or use our hands or bodies.

**5. When I have to solve a problem or think, it helps if I ...**

- A) look for a chart, write, or draw a picture.
- B) talk to myself or my group.
- C) move objects or use my hands and body.

**6. When I have to wait for others, I ...**

- A) look around the room, stare, or read.
- B) talk or listen to others.
- C) fidget, jiggle, or move my body.

**7. In my free time, I like to ...**

- A) read or draw pictures.
- B) talk or listen to music.
- C) exercise or play sports.

**8. To help me remember things, I ...**

- A) see words or pictures in my head.
- B) say things over and over, or say a rhyme or chant.
- C) use actions or remember the activity or game we played in class.

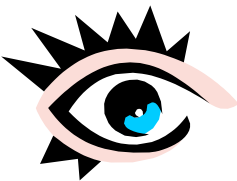

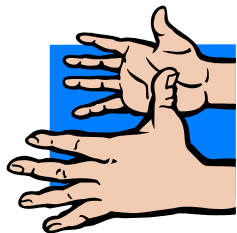
**9. When I learn a new computer or board game, I ...**

- A) watch others play it first.
- B) listen to someone explain it and I ask questions.
- C) start to play it right away, and learn as I go along.

*developed by S.Vukanovich & A.Dresser*

To find your learning preference ...

	A total	B total	C total	Learning Modality
Step 1: Total all the “a” answers you circled.				<b>VISUAL</b>
Step 2: Total all the “b” answers you circled.				<b>AUDITORY</b>
Step 3: Total all the “c” answers you circled.				<b>KINESTHETIC- TACTILE</b>
<i>The highest score(s) is how you learn best.</i>				
<b>How I learn best:</b> _____				

<p><b>Visual</b></p>	<p>You learn best when you <b>see</b> information printed out or from videos, charts and pictures. It helps when you <b>read</b> and <b>write</b> things down.</p> <p>Hints for success:</p> <ul style="list-style-type: none"> <li>✓ It is easier for you to remember what you read than what you hear.</li> <li>✓ Use graphic organizers, charts, lists.</li> <li>✓ Highlight key words.</li> </ul>	
<p><b>Auditory</b></p>	<p>You learn best when you <b>hear</b> information from the teacher or tapes/CDs. It helps when you <b>ask</b> questions and <b>say</b> things over to yourself.</p> <p>Hints for success:</p> <ul style="list-style-type: none"> <li>✓ It is easier for you to remember things you hear.</li> <li>✓ Explain things out loud, or teach someone else the information you need to know.</li> <li>✓ Read your notes aloud and orally ask yourself questions.</li> </ul>	
<p><b>Kinesthetic-Tactile</b></p>	<p>You learn best when you use your hands or body to <b>do</b> something. It helps when you are able to <b>move</b>, and <b>touch</b> materials.</p> <p>Hints for success:</p> <ul style="list-style-type: none"> <li>✓ It is easier for you to remember things when you are physically active doing hands-on learning tasks.</li> <li>✓ Do projects and experiments and find practical ways to show the information or your learning.</li> <li>✓ To help you study, practice writing answers to questions, move your finger along the words to guide you as you read, make charts or flash cards.</li> </ul>	

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