**LEARNING MODALITIES PREFERENCE EVALUATION**

*Directions:* Write the numbers from 1-5 next to each statement to describe your behaviors and attitudes in the following situations. Your answers should reflect how you *actually* act and think, not how you think you *should* behave.

5 = All the time  
4 = Usually or most of the time  
3 = Sometimes; about half the time this is true  
2 = Rarely, but sometimes  
1 = Never

<table>
<thead>
<tr>
<th></th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I prefer either to have someone show me how to do a task or to just start doing a task. I might read instructions later if I get stuck.</td>
</tr>
<tr>
<td>2</td>
<td>If I really want to remember directions, lists of items, or information for a test, I need to write the information down.</td>
</tr>
<tr>
<td>3</td>
<td>If I have a choice of making an oral presentation or participating in a debate on a topic, I would prefer to do one of those activities rather than doing a written report.</td>
</tr>
<tr>
<td>4</td>
<td>I like to do things with my hands, such as using computers or tools. I consider myself mechanically inclined.</td>
</tr>
<tr>
<td>5</td>
<td>I prefer to have someone draw me a map if I need to go to a new place. That way I can picture the route in my mind.</td>
</tr>
<tr>
<td>6</td>
<td>I can often remember what is told to me orally without having to write it down.</td>
</tr>
<tr>
<td>7</td>
<td>It is hard for me to study at a desk for a long time or to sit in a long meeting. I think better when I can get up and move around.</td>
</tr>
<tr>
<td>8</td>
<td>When I see a word in print, I can tell it is misspelled because it doesn’t “look” right.</td>
</tr>
<tr>
<td>9</td>
<td>I can understand something better if I can hold a model of it in my hands or have some kind of “hands-on” experience. Reading or hearing about that same information is not meaningful.</td>
</tr>
<tr>
<td>10</td>
<td>When I am learning new information, I prefer to see charts, graphs, pictures, or diagrams (preferably in color) to help me remember.</td>
</tr>
<tr>
<td>11</td>
<td>I would understand better if new information were presented to me orally at first before I read about it.</td>
</tr>
</tbody>
</table>
______ 12. I prefer discussing material to be learned with a partner or doing a group project rather than working alone.

______ 13. I prefer to move around while I am thinking about new information or brainstorming new ideas.

______ 14. I can understand and learn new information best if I read about it.

______ 15. I prefer to formulate my ideas about a topic first by discussing, debating, and brainstorming with others.

______ 16. I would prefer to participate in an activity (sports, the arts, etc.) rather than watch it performed by others.

______ 17. If I read aloud to myself, I can increase my understanding of the material.

______ 18. When listening to a speaker or reading information, I like to form pictures of the information in my mind to help me remember.

**SCORING DIRECTIONS**

Add your points for all the statements that have this symbol: △ ______

Add your points for all the statements that have this symbol: ○ ______

Add your points for all the statements that have this symbol: □ ______

If you have your highest number of points in this category you are a **visual learner.**

If you have your highest number of points in this category you are an **auditory learner.**

If you have your highest number of points in this category you are a **physical learner.**

If you are within two points of having your highest score in more than one category, you are a **multisensory learner.**
UNDERSTANDING YOUR OWN LEARNING MODALITY

Each one of us has a preferred learning modality, that is, we learn best when we use certain learning techniques. No one learning modality is preferable over any other. The main thing is that you find out what your own modality is and then use this information when you need to learn material in school, on the job, or in any other aspect of your life.

It is important that you get out of the habit of comparing how you learn to others. Some people learn very quickly when listening to information, others learn most effectively when reading, and others prefer to learn through experimentation. Instead of wishing you could learn the way someone else does, spend that time and energy adapting this information to fit your own preferences.

The most common learning modalities are:

1. **VISUAL** – These people learn best when they see the information to be learned. There are two categories of visual learners. You may fit into one or both of these.
   a. *Print* – Preference for learning from any source that involves printed words and reading.
   b. *Pictorial* – Preference for learning from seeing information displayed in the form of diagrams, charts, or pictures.

2. **AUDITORY** – These people learn best when they hear information to be learned. There are two categories of auditory learners. You may fit into one or both of these.
   a. *Oral* – Preference for learning from listening to material presented orally.
   b. *Interactive* – Preference for learning from talking about material to be learned, debating the pros and cons, and discussing, rather than just listening to someone talk about the information.

3. **PHYSICAL** – These people learn best when they can touch objects, participate in experiments, be physically active, or somehow involve their bodies while learning. There are two categories of physical learners. You may fit into one or both of these.
   a. *Tactile* – Preference for using the sense of touch, that is, a “hands-on” learning approach.
   b. *Kinesthetic* – Preference for using the muscles of the body while learning by moving around, walking, jogging, etc.

4. **MULTISENSORY** – These people learn best when they combine the learning approaches described above, such as visual and auditory or physical and auditory. Many people, even if they have another learning modality of preference, find it is a very effective approach to involve as many senses as possible by using the multisensory approach when learning.