



## Determining My Learning Strengths

Our learning strength is the way we take in and process information, and each of us does this in different ways. Check the sentences that apply to you to help you determine your strengths:

### Section A

- If I need to spell a word correctly, I write it down to see if it "looks" right.
- I can remember names if I see them written on name tags.
- I enjoy reading books and looking at the pictures.
- I would prefer to read the directions or look at the illustrations before beginning a project.
- To remember what the teacher says in class, it helps me to take notes.
- I usually write down all my assignments to help me remember them.
- A good way for me to practice vocabulary words would be to use flashcards.
- I like my desk and locker to be neatly organized.
- I can sit still to watch TV or work on the computer for a long time.
- I can understand things better when I read them than when I listen to them.
- I like my parent to make a list of chores to do rather than just tell me.
- I can picture things easily in my mind.

TOTAL NUMBER OF CHECKS IN SECTION A \_\_\_\_\_

### Section B

- If I hear someone's name, I remember it easily.
- I prefer to listen to a book on my iPad or Kindle rather than read it.
- I can pay attention and remember easily when my teacher reads aloud to us.
- I use rhymes and songs to help me memorize things.
- If I were lost, I would stop and ask someone for directions rather than look at a map.
- In reading class, I can remember a story if we have a class discussion about it.
- I remember songs after hearing them only a couple of times.
- I often read and study by repeating information aloud to myself.
- I am distracted by background noise (like a pencil tapping) when I am taking a test.
- I like to study for tests by having someone quiz me aloud.
- I work math story problems by talking through them aloud.

TOTAL NUMBER OF CHECKS IN SECTION B \_\_\_\_\_





## Section C

- \_\_\_ It is hard for me to pay attention when I must sit still for a whole class period.
- \_\_\_ I enjoy sports and being active.
- \_\_\_ I count on my fingers or with other objects to do math problems.
- \_\_\_ My favorite classes are those where I can move around a lot.
- \_\_\_ I would almost always choose to play outside rather than sit inside and read a book or listen to music.
- \_\_\_ I have a hard time staying neat and organized.
- \_\_\_ I am good at skills that require precise movements like walking on a balance beam, serving a volleyball, or playing ping-pong.
- \_\_\_ I prefer to learn a new activity by being shown how to do it rather than reading about it or listening to a recording about it.
- \_\_\_ I would like to act out stories rather than talk about them.
- \_\_\_ I have a good sense of balance and rhythm.
- \_\_\_ I can learn new dance steps or athletic skills after only trying them a few times.
- \_\_\_ I would like to study my multiplication tables by saying them in rhythm while I jump rope.
- TOTAL NUMBER OF CHECKS IN SECTION C \_\_\_

**Now write your section totals in the boxes below.**

**A = \_\_\_ B = \_\_\_ C = \_\_\_**

1. If your highest total is in **section A**, you are likely a **Seeing learner**. You remember best by using your eyes.
2. If your highest total is in **section B**, you are likely a **Hearing learner**. You remember best by using your ears.
3. If your highest total is in **section C**, you are likely a **Doing learner**. You need movement or activity while you study to remember best.

**Now fill in the blanks below:**

**I am strongest as a \_\_\_\_\_ learner.**

**My second area of strength is as a \_\_\_\_\_ learner.**



## Tips to Build on My Learning Strengths

Learning is easier — and more fun — when we connect with our learning strengths. Try some of these aids to sharpen your learning strengths:

### VISUAL

seeing learner

1. Write things down because you remember them better when you do.
2. Underline or highlight information in notes or books (when possible).
3. Draw a picture of facts, like a map to label state capitals.
4. "See" facts in your mind, and picture correct spelling.
5. Write vocabulary words in color on index cards with short definitions on the back.
6. Limit detail on index cards.
7. Take notes in class.

### AUDITORY

hearing learner

1. Study with a friend/tutor/parent so that you can drill facts out loud.
2. Recite out loud the information you want to remember (quotes, lists, dates, etc.).
3. Put information into a rhythmic pattern: create a poem, rhyme, song, etc. Use mnemonics. (See examples in the appendix.)
4. Write vocabulary words in color on index cards with short definitions on the back. Review them frequently by reading the words aloud and saying the definition.
5. Learn by interviewing or by participating in discussions.

### KINESTHETIC

doing learner

1. To memorize, pace or walk around while reciting to yourself or looking at a list or index card.
2. If you need to fidget while in class, cross your legs and bounce the foot that is off the floor, or use a focus object that is not distracting to others.
3. Trace letters and words to learn spelling and remember facts.
4. When studying, take breaks as frequently as you need. A reasonable schedule is 30 minutes of studying and five minutes of break.
5. Try studying in different positions.
6. Use a dry erase board.