



# Your Own Learning Strength

Listed below are incomplete sentences. Each one is followed by three ways of completing them. Fill in all three blanks for each sentence with a number sequence that equals 10. For example, you may use a 3-3-4, 10-0-0 or a 5-5-0 combination. The phrase that describes you best would get more points than the phrase that least describes you. For instance, if you believe each phrase describes you equally well, mark a 3 in two blanks and a 4 in the one that you favor slightly more. If you are completely described by one of the answers, mark a 10 by it and a 0 by the other two. If you are equally split by two options and don't favor the third, then mark a 5 in two blanks and a 0 in the other one. See the sample below:

I show my emotions by: **5** facial expressions    **5** voice quality    **0** general body tone  
 I show my emotions by: **4** facial expressions    **3** voice quality    **3** general body tone  
 I show my emotions by: **0** facial expressions    **10** voice quality    **0** general body tone

**Remember: You must use a total of 10 points for each statement**

1. I show my emotions by:	___ facial expressions	___ voice quality	___ general body tone
2. When I'm angry, I usually:	___ say nothing, walk off	___ tell others why I'm angry	___ tense up all over
3. In my spare time, I'd rather:	___ watch TV, see a movie, or read a book	___ listen to the radio, play an instrument, or talk to friends	___ do sports, dance, active games or handy work
4. The part of school I do best:	___ reading/writing	___ group discussion or music	___ gym, drama, art, science lab
5. When I study, I prefer:	___ working alone, underlining, highlighting books and notes	___ working with someone else, asking and answering each other's questions	___ working alone for short periods of time mixed with breaks and rewriting notes
6. When looking for encouragement, I:	___ look for a smile, show what I've done	___ need verbal praise	___ need a hug, a pat on the back
7. I remember numbers:	___ "seeing" the number in my mind	___ repeating the numbers orally	___ "writing" the numbers with my finger on the table or wall
8. I am distracted most by:	___ people	___ noises	___ environment (temp., comfort of furniture, etc.)
<b>TOTALS:</b>	<b>___ VISUAL</b>	<b>___ AUDITORY</b>	<b>___ KINESTHETIC</b>

Your highest number is your dominant learning strength, and your second highest number is your secondary learning strength.





## Suggested Aids for Learning Strengths

*Use these aids to sharpen your particular dominant learning strength or to improve a weaker one.*

VISUAL	AUDITORY	KINESTHETIC
<ol style="list-style-type: none"> <li>1. Write things down because you remember them better when you do.</li> <li>2. Stress underlining or highlighting information in notes or books (when possible).</li> <li>3. Use graphics to reinforce learning: videos, slides, illustrations, diagrams, or doodles.</li> <li>4. Color code to organize notes, possessions.</li> <li>5. Write directions down.</li> <li>6. Take lots of notes in class.</li> <li>7. Copy over your notes. Rewriting helps recall.</li> <li>8. Visualize spelling of words or facts to be memorized. Draw/sketch a picture or visual representation.</li> <li>9. Write vocabulary words in color on index cards with short definitions on the back.</li> <li>10. Use symbols to help you remember words and facts.</li> <li>11. Use sticky notes and put them on your mirror.</li> <li>12. Limit info on notecards.</li> </ol>	<ol style="list-style-type: none"> <li>1. Study with a friend/tutor/parent so that you can drill facts.</li> <li>2. Recite out loud the information you want to remember (quotes, lists, dates, etc.).</li> <li>3. Read class notes onto a recording device. Revise notes, record, and listen to the recording three times in preparation for a test. Review it each night. This helps with foreign languages.</li> <li>4. Put the information into a rhythmic pattern: create a poem, rhyme, song, etc. (Use mnemonics.)</li> <li>5. Read aloud whenever possible.</li> <li>6. Learn by interviewing or by participating in discussions.</li> </ol>	<ol style="list-style-type: none"> <li>1. To memorize, pace or walk around while reciting to yourself or looking at a list or index card.</li> <li>2. Engage in experiential learning: make models, do lab work, and take part in role play.</li> <li>3. If you need to fidget while in class, cross your legs and bounce the foot that is off the floor or do something else that is not distracting to others.</li> <li>4. Use the computer to reinforce learning through sense of touch.</li> <li>5. Incorporate body movement or visualize motion. (Use mnemonics.)</li> <li>6. Spend time “in the field” learning hands-on (museums, labs, mentoring).</li> <li>7. Use large writing spaces (dry erase boards).</li> <li>8. Try studying in different positions.</li> </ol>