Identifying Your Learning Preferences

Name:

Are you more:

Visual/Auditory/Kinesthetic

Analytical/Practical/Creative

Verbal-Linguistic/Logical-Mathematical/Visual-Spatial/Body-Kinesthetic/Musical-Rhythmic/ Naturalist/Interpersonal/Intrapersonal

1—This doesn't sound like me at all.
10—This is exactly like me.

V/L	L/M	V/S	B/K	M/R	N	Inter	Intra

Verbal/Linguistic

- You can easily express yourself either orally or in writing.
- You enjoy reading.
- You enjoy word puzzles and games.
- You like to talk through problems.

Logical/Mathematical

- You enjoy working with numbers.
- You enjoy logic or strategy games.
- You can easily spot patterns.
- You prefer a step-by-step approach to problem solving.

Visual/Spatial

- You can visualize things easily.
- You are good at giving directions.
- You enjoy doodling and drawing.
- You can visualize how things look from a different perspective.

Body/Kinesthetic

- You enjoy sports and/or dancing.
- You tend to fidget if sitting for a long time.
- You use your hands & body when talking.
- You prefer to handle things while you learn about them.

Musical/Rhythmic

- Usually, you can remember songs easily.
- You often listen to music.
- You find yourself tapping in time to music.
- You can remember things if you put them to music or a rhythm.

Naturalist

- You like pets & other animals.
- You recognize many types of trees, flowers, plants, etc.
- You like being surrounded by nature.
- You feel strong about environmental issues.

Interpersonal

- You enjoy working in groups.
- You enjoy getting involved in after school activities.
- You would rather talk over problems with others.
- You understand how others feel.

Intrapersonal

- You keep a personal diary or blog.
- You are aware of your own feelings.
- You are an independent thinker.
- You enjoy doing activities by yourself.

Visual	Auditory	Kinesthetic

Visual:

- You enjoy learning through reading and visuals.
- You can easily visualize people, places and things.
- You enjoy games like jigsaw puzzles and mazes.
- You can easily read graphs and maps easily.

Auditory:

- You can remember what to do after hearing instructions.
- You enjoy listening to music.
- You enjoy listening to audiobooks or talk radio.
- You talk out loud to yourself when trying to remember things.

Kinesthetic:

- You find yourself fidgeting often.
- You use hand gestures or other kinds of body language to express yourself.
- You prefer hands-on learning to reading something or hearing about it.
- You enjoy physical activities such as sports or dancing.

Analytical:

- You prefer instructions to be step-by-step.
- You enjoy analyzing and solving problems.
- You enjoy playing games and doing puzzles that involve logic and strategy.
- You prefer questions that have a single, correct answer.
- You like to work in an organized environment.

Practical:

- You prefer having real-life examples rather than examples that are crated.
- You like handling objects when you learn.
- You would rather do experiments than read about them.
- You prefer questions that allow for practical applications and explanations.

Creative:

- You are good at adapting to new situations.
- You prefer making your own connections between ideas rather than having them given to you.
- You prefer open-ended questions with no "correct" solution.

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Analytic	Practical	Creative

- You enjoy activities and tasks that are novel
- You enjoy inventing and imagining new things.
- You prefer working in an informal, less structured, more flexible environment.