

RENAISSANCE SOUTH EAST

Learning Channel Preference Checklist - Visual, Auditory, Kinaesthetic

Read each sentence carefully and think about how it applies to you. On each line, write the number that best describes your reaction to each sentence.

5 – almost always 4 – often 3 – sometimes

2 – rarely 1 – almost never

Visual

I am able to visualise pictures in my head

I take lots of notes on what I read and hear

It helps me to LOOK at a person speaking; it keeps me focused

It's hard for me to understand what a person is saying when there is background noise

It's easier for me to get work done in a quiet place

It's easy for me to understand maps, charts and graphs

When I am concentrating on reading or writing, the radio bothers me

When I am taking a test, I can "see" the textbook page and the correct answers in it

I cannot remember a joke long enough to tell it later

When I am trying to remember something new, for example, a telephone number, it helps me to form a picture of it in my head

When I get a great idea, I must write it down right away or I'll forget it

Visual total: _____ visual score ÷ total score =

Auditory

When reading, I listen to the words in my head or I read aloud

I need to discuss things to understand them better

I prefer it if someone tells me how to do something rather than having to read the directions for myself

I prefer hearing a lecture or tape rather than reading a textbook

I can easily follow a speaker even though my head is down on the desk or I'm staring out of the window

I remember what people say better than what they look like

I remember things better if I study aloud with someone

It's hard for me to picture things in my head

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I find it helpful to talk myself through my homework assignments
When learning something new, I prefer to listen to information
on it, read about it, then do it
I like to complete one task before starting another
For extension work, I prefer to do a report on tape rather than to
write it

Auditory total: _____ Auditory score ÷ total score =

Kinaesthetic

I don't like to read or listen to directions: I'd rather just start doing
I can study better when music is playing
I need frequent breaks while studying
I think better when I have the freedom to move around; studying
at a desk is not for me
When I can't think of a specific word, I use my hands a lot and
call something a "what-cha-ma-call-it" or a "thing-a-mi-jig".
When beginning an article or a book, I prefer to take a peek at
the ending
I take notes, but never go back and read them
My notebook and desk may look messy, but I know where things
are
I use my fingers to count and I move my lips when I read
I dislike proofreading my work
I daydream in class
For extension work I'd rather create a project than write a report

Kinaesthetic total: _____ Kinaesthetic score ÷ total score =

Total of all 3 categories

<p><i>Your profile</i></p> <p>Visual%</p> <p>Auditory%</p> <p>Kinaesthetic%</p>
