

What is My Approach to Learning

Determine your approaches to learning and teaching. Check the statements in each category that apply to you.

<p><input type="checkbox"/> Books are very important to me.</p> <p><input type="checkbox"/> I can hear words in my head before I read, speak, or write them down.</p> <p><input type="checkbox"/> I get more out of listening to the radio or a spoken-word cassette than I do from television or videos.</p> <p><input type="checkbox"/> English, social studies, and history were easier for me in school than math and science.</p> <p><input type="checkbox"/> When I drive down a freeway, I pay more attention to the words written on billboards than to the scenery.</p> <p><input type="checkbox"/> My conversation includes frequent references to things that I've read or heard.</p>	<p><input type="checkbox"/> I can easily compute numbers in my head. Math and/or science were among my favorite subjects in school.</p> <p><input type="checkbox"/> I enjoy playing games or solving brainteasers that require logical thinking.</p> <p><input type="checkbox"/> I like to set up "what if" experiences (for example, "What if I double the amount of water I give to my rose bush each week?")</p> <p><input type="checkbox"/> My mind searches for patterns or logical sequences in things.</p> <p><input type="checkbox"/> I like finding logical flaws in things that people say and do at home and work.</p> <p><input type="checkbox"/> I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.</p>	<p><input type="checkbox"/> I often see clear visual images when I close my eyes.</p> <p><input type="checkbox"/> I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.</p> <p><input type="checkbox"/> I can generally find my way around unfamiliar territory.</p> <p><input type="checkbox"/> I can comfortably imagine how something might appear if it were looked at from a bird's eye view.</p> <p><input type="checkbox"/> I prefer looking at reading material that has lots of illustrations.</p>	<p><input type="checkbox"/> I engage in at least one sport or physical activity on a regular basis.</p> <p><input type="checkbox"/> I find it difficult to sit still for long periods of time.</p> <p><input type="checkbox"/> I like working with my hands at concrete activities such as sewing, weaving, carving, or carpentry.</p> <p><input type="checkbox"/> My best ideas often come to me when I'm out for a long walk or jog, or when engaged in some other kind of physical activity.</p> <p><input type="checkbox"/> I frequently use hand gestures or other forms of body language when conversing with someone.</p> <p><input type="checkbox"/> I need to touch things in order to learn more about them.</p> <p><input type="checkbox"/> I need to practice a new skill rather than simply reading about it or seeing a video.</p>
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<p>_____ I can tell you when a musical note is off-key.</p> <p>_____ I frequently listen to music on radio, cassettes, or compact discs.</p> <p>_____ I play a musical instrument.</p> <p>_____ My life would be poorer if there were no music in it.</p> <p>_____ I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.</p> <p>_____ I can easily keep time to a piece of music or musical pieces.</p> <p>_____ I often make tapping sounds or sing little melodies while working, studying, or learning something new.</p>	<p>_____ I'm the sort of person that people come to for advice and counsel at work or in my neighborhood.</p> <p>_____ When I have a problem, I'm more likely to seek out another person for help than attempt to work it out on my own.</p> <p>_____ I favor social pastimes over individual recreation such as video games and solitaire.</p> <p>_____ I enjoy the challenge of teaching another person, or groups of people, what I know how to do.</p> <p>_____ I like to get involved in social activities connected with my work, church, or community.</p> <p>_____ I would rather spend my evening at a lively social gathering than stay at home alone.</p>	<p>_____ I regularly spend time alone meditating, reflecting, or thinking about important life questions.</p> <p>I have a special hobby or interest that I keep pretty much to myself.</p> <p>_____ I have a realistic view of my strengths and weaknesses.</p> <p>_____ I would prefer to spend a weekend alone in a cabin in the woods rather than at a fancy resort with lots of people around.</p> <p>_____ I consider myself to be strong-willed or independent-minded.</p> <p>_____ I keep a personal diary or journal to record the events of my inner life.</p>	<p>_____ I like to spend time outdoors.</p> <p>_____ I enjoy collecting objects from nature.</p> <p>_____ I know the scientific names of many plants and animals.</p> <p>_____ My idea of relaxing is looking at a seed catalog or working in the yard.</p> <p>_____ My hobbies include taking care of plants and/or pets.</p>
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