

ADULT LEARNERS Your Favorite Modality

Check off all the statements that best describe you.

Visual Types

- 1. I like to use a white board or flip chart when available.
- 2. I prefer to see the "big picture" before listening to the details of carrying out an action.
- 3. When given a choice, I like visuals.
- 4. I sometimes forget to share my internal picture of how I visualize a completed project.
- 5. I like to read and see something, rather than listen to someone explain the details.
- 6. If not given a picture, I will make up one in my head or on paper.
- 7. I need visual order. I prefer to see things organized, neat and tidy (for example, my work area).
- 8. When getting directions, I want to see a commercial map or have one drawn for me. I am usually on the lookout for landmarks.
- 9. I like to explain a situation by giving someone a picture of it. For example, if I were explaining on the phone how four roads entered a shopping mall, I would want the person to draw a picture of the mall's road patterns. Then I would feel comfortable explaining the situation.
- 10. I prefer to learn how to work on a computer by watching someone first.

Auditory Types

- 1. I process information best by hearing details and statistics.
- 2. I listen and remember the details of what was said.
- 3. I think visuals are not as important as hearing a clear, organized format.
- 4. I want to hear how to work on a computer by listening to someone tell me the steps and "how-to's."
- 5. I may repeat internally to myself or out loud what has just been said.
- 6. While trying to listen to someone, I am distracted by background noise, such as the phone ringing.
- 7. When getting directions, I prefer to hear how to get there. I want to know the street names and distances, and I sometimes plot out the distances on a map.
- 8. I am a good organizer of facts and dates.
- 9. I retain information better by hearing myself say it out loud.
- 10. I can be easily irritated if the person talking does not have a pleasant sounding voice.

Kinesthetic Types

- 1. I prefer to learn to use a computer by doing it, then when I get stuck, to ask questions or look up the answer.
- 2. While listening, I like to do other things (for example, open my mail while someone is talking).
- 3. I have a tendency to go off on tangents rather than stick to the main point.
- 4. My role is to "massage" data and look at it in many different ways.
- 5. I find that many times, as soon as a fact is stated, it has gone in one ear and out the other. I listen more for feeling behind the words.
- 6. When asking directions, I want to be pointed in the right direction and find the place sooner or later. I am frequently in trouble with a spouse or friend who does not want to drive around for an hour while I get a sense of where to go.
- 7. I may ask questions before a speaker even begins to present his or her major points and issues.
- 8. I am a doer.
- 9. I like to discuss a half-formed idea until it feels workable.
- 10. I enjoy asking questions.

Calculate My Numbers

_____Visual _____Auditory _____Kinesthetic

The modality with the highest point score reflects your favorite, preferred modality.