

HEART TO HEART LIFE COACHING LLC

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Name: _____ Date: _____

What is your Learning Style?

Often (3)

Sometimes (2)

Seldom/Never (1)

SECTION A

_____ I remember information better if I write it down

_____ Looking at the person helps keep me focused.

_____ I need a quiet place to get my work done.

_____ When I take a test, I can see the textbook page in my head.

_____ I need to write down directions, not just take them verbally.

_____ Music or background noise distracts my attention from the task at hand.

_____ I don't always get the meaning of a joke.

_____ I doodle or draw pictures on the paper in front of me.

_____ I have trouble following lectures.

_____ I react very strongly to colors.

_____ **TOTAL**

SECTION B

_____ My papers and notebooks always seem messy.

_____ When I read, I need to use my index finger to track my place on the line.

_____ I do not follow written directions well.

_____ If I hear something, I will remember it.

_____ Writing has always been difficult for me.

_____ I often misread words from the text, i.e. "them" instead of "then".

_____ I would rather listen and learn than read and learn.

_____ I'm not very good at interpreting and individual's body language.

_____ Pages with small print or poor quality copies are difficult for me to read.

_____ My eyes tire quickly, even though my vision check-up is always fine.

_____ **TOTAL**



Name: _____ Date: _____

What is your Learning Style?

(Page 2)

Often (3)

Sometimes (2)

Seldom/Never (1)

SECTION C

- _____ I start a project before reading the directions.
- _____ I hate to sit at a desk for long periods of time.
- _____ I prefer first to see something done and then to do it myself.
- _____ I use the trial and error approach to problem solving.
- _____ I like to read my textbook while riding an exercise bike.
- _____ I take frequent study breaks.
- _____ I have a difficult time giving step-by-step instructions.
- _____ I enjoy sports and do well at several different types of sports.
- _____ I use my hands when describing things.
- _____ I have to rewrite or type my class notes to reinforce the material. _____ **TOTAL**

Total the score for each section.

*A score of 21 points or more in a modality indicates strength in that area.
The highest of the 3 scores indicates the most efficient method of information intake.
The second highest score indicates the modality that boosts the primary strength.*