

WHICH ARE YOUR PREFERRED SENSES?

For each question on this and the next page, there are three answers. Circle or check the answer that most closely represents you. When you have finished, total up the number of responses in each column – visual, auditory or physical. The sense you chose most is likely to be your preferred or dominant learning sense – the sense you are normally most comfortable using in order to take in information and to store it.

When you ...

Do you

	Visual	Auditory	Physical
Spell a word	Try to visualize it (does it 'look' right)	Sound it out (does it 'sound' right)	Write it down (does it 'feel' right)
Are concentrating	Get most distracted by untidiness.	Get most distracted by noises.	Get most distracted by movement, or physical disturbance.
Choose a favorite art form	Prefer paintings.	Prefer music.	Prefer dance/sculpture.
Reward someone	Tend to write praise on their work in a note.	Tend to give them oral praise.	Tend to give them a pat on the back.
Talk	Talk quite fast, but keep idle conversation limited. Use lots of images; e.g. it's like a needle in a haystack.	Talk fluently with an even pace, in a logical order and with few hesitations. Enunciate clearly.	Use lots of hand movements, talk about actions and feelings. Speak more slowly with longer pauses.
Meet people	Remember mostly how they looked/ the surroundings.	Remember mostly what was said/ remember their names.	Remember mostly what you did with them/remember their emotions.
See a movie, TV or read a novel	Remember best what the scenes/the people looked like.	Remember best what was said – and how the music sounded.	Remember best what happened/the character's emotions.
Try to interpret someone's mood	Mainly note their facial expression.	Listen to their tone of voice.	Watch body movements.
Are recalling something	Remember what you saw/people's faces/how things looked.	Remember what was said/people's names/jokes.	Remember what was done, what it felt like.
Are memorizing something	Prefer to memorize by writing something repeatedly.	Prefer to memorize by repeating words aloud.	Prefer to memorize by doing something repeatedly.

When you.....

Do you

Situation

Visual

Auditory

Physical

Are angry

Become silent and seethe.

Express it in an outburst.

Storm about, clench your fists, throw things.

Are inactive

Look around, doodle, watch something.

Talk to yourself or others.

Fidget, walk about.

Express yourself

Often use phrases like:
*I see/
I get the picture/
Lets shed some light on this/
I can picture it.*

Often use phrases like:
*That sounds right/
I hear you/
that rings a bell/
something tells me/
it suddenly clicked.*

Often use phrases like:
*That feels right/
I'm groping for an answer/I've got a grip on it/I need a concrete example.*

Are learning

Prefer to read; see the words, illustrations or diagrams; sketch it out.

Like to be told, attend lectures, talk it over.

Like to get involved, be hands-on, try it out, write notes.

Assemble new equipment

First look at the diagrams/read the instructions.

First ask someone to tell you what to do. Then talk to yourself as you assemble it.

First work with the pieces.

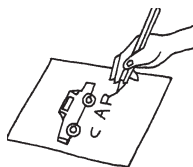
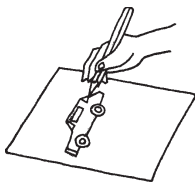
TOTAL RESPONSES

Visual learners like drawing diagrams, pictures and charts and watching films.

Visual/Verbal learners like to read the written word. They like books, posters with slogans, instruction material with clearly written text.

Auditory learners like to hear new information through spoken explanations, commentaries and tapes. They benefit from reading key passages aloud and making tapes.

*Physical learners like hands-on learning where they can immediately try things for themselves. They like to **do** as they learn, e.g. writing, underlining, doodling, imagining.*



The above test can only be indicative. You should use it in conjunction with a careful observation of what works best for you. Try out the ideas in this book and note the ones that make learning more effective and easier for you. That's the real test.

Multi-sensory learning can be as simple as:

- Read and visualize the material you have **seen** it.
- Read key points out loud, make up questions and answer them you have **heard** it.
- Write out the answer to your question and circle the **major** point you have **done** it.