



Session 10 – Resource 4 - Learning Style Self-Assessment

Personal Profile

Name: _____

1. Check off each statement that usually applies to you.
2. Use the score sheet to draw your personal profile on a bar graph.

Verbal/Linguistic

- ☐ I enjoy talking on the telephone.
- ☐ I enjoy keeping a journal and/or writing stories and articles.
- ☐ I like to complete crossword puzzles and other word games.
- ☐ I like to go to the library and/or the bookstore to get new books.
- ☐ I would rather spend my personal time reading than watching television.
- ☐ I understand more by hearing someone read or listening to the radio than by watching television or movies.
- ☐ Whenever I see a sign or billboard, I have to take the time to read it.
- ☐ I am often told that I express my ideas and thoughts quite effectively.

Logical/Mathematical

- Problem solving has always been easy for me.
- I love to identify, create, and sort things into categories or lists.
- I can easily add, subtract, multiply and divide numbers in my head.
- I enjoy brain-teasers and games that require logical thinking, such as mysteries.
- My mind is always searching for patterns or an order to things that makes sense.
- Ideas put into a graph or a chart is easier for me to follow.
- Checkers and chess are two of my favourite board games.
- I am good at estimation.

Visual/Spatial

- I often find myself doodling during activities or when I am on the phone.
- I like to draw and paint during my personal time.
- I have a good sense of direction.
- When I read, I can see the story happening in my head.
- I understand colour combinations and which colours work well together.
- Geometry is easier for me than other kinds of math.

- I like solving jigsaws, mazes, and other visual puzzles.
- I like creating cartoon strips.

Bodily/Kinesthetic

- I like to move, tap, or fidget when sitting.
- I like to do things in class that I can get out of my seat to do.
- I am good at most sports.
- I like to use tools to make things.
- I am always curious about how things work and sometimes take things apart to find out.
- I would rather show someone how to do something than explain it in words.
- I live a healthy lifestyle.
- I participate in extreme sports, such as snowboarding, kayaking, and/or mountain biking.

Musical/Rhythmic

- I often hum to myself while I am working or walking.
- I like to make up songs and/or tunes.
- I have music lessons and enjoy it.

- I know the tunes to many different songs.
- People often tell me that I have a pleasant singing voice.
- I often listen to music during my spare time.
- I work better when I listen to music.
- It is easy for me to follow the beat of music.

Interpersonal

- I enjoy talking to people.
- I think of myself as a leader, rather than as a follower, when I am with my friends.
- My friends often come to me for advice.
- I prefer team sports rather than individual sports.
- I like to spend my spare time with my friends rather than alone.
- I like to do group projects and activities.
- I enjoy teaching others.
- I usually talk over my personal problems with friends.

Intrapersonal

- I am often told that I am a quiet and/or shy person.

- I am curious and ask a lot of questions.
- I know my strengths and weaknesses.
- I have no problem sharing my feelings or opinion.
- I keep a personal journal or diary to record my thoughts.
- Some people say that I am strong-willed and independent
- I know what I want and try to get it.

Naturalist

- I notice similarities and differences in trees, flowers, and other things in nature.
- I learn best going on field trips.
- I like to bird watch.
- I am good at forecasting the weather.
- I can name different types of insects and animals.
- I love learning about the stars, the planets and the universe.
- I have a collection of rocks and/or shells.
- I care about the environment, so I am involved in conservation projects.

Multiple Intelligences – Score Sheet

Name: _____

Follow these steps to draw a bar graph (see next page) that shows a picture of the different ways you like to learn:

1. Complete the survey by inserting a check beside statements that describe you usually.
2. Count the number of check marks under each heading on the survey. (For example, how many items did you check for Verbal/Linguistic?)

The Different Ways That I Learn

Name: _____

Date: _____

8									8
7									7
6									6
5									5
4									4
3									3
2									2
1									1
	Verbal/ Linguistic	Logical/ Mathema- tical	Visual/ Spatial	Bodily/ Kinesthetic	Musical/ Rhythmic	Inter- Personal	Intra- Personal	Naturalist	

The Eight Intelligences

Verbal/Linguistic

- Uses language for a variety of purposes
- Develops logical arguments
- Is sensitive to the sounds and meanings of words
- Decodes and makes meaning from text
- Responds to oral language
- Understands diverse vocabulary

Logical/Mathematical

- Recognizes abstract patterns and relationships
- Reasons logically
- Hypothesizes
- Invents
- Investigates issues scientifically
- Likes challenges

Visual/Spatial

- Recognizes and manipulates patterns in a wide area or a confined space
- Needs to see in order to understand
- Uses visual cues to make meaning
- Works with images, mind mapping, visualizing, drawing

Bodily/Kinesthetic

- Is active and energetic
- Demonstrates good fine-motor and gross-motor control
- Learns best by doing
- Processes information through touch, movement, dramatics

Musical/Rhythmic

- may hum and whistle while working
- makes connections to sounds in the environment
- creates imaginative and expressive performances
- responds to auditory stimuli using rhythm, melody, patterned sound, song, rap, dance
- learns through rhythm and repetition

Interpersonal

- is people-oriented and outgoing
- understands the intentions, motivations, and desires of others
- learns best cooperatively
- demonstrates confident and appropriate social skills
- share effectively

Intrapersonal

- understands self as a learner and uses this information to regulate his or her own life
- is independent and self-directed
- can be reserved
- reflects on and analyses personal learning
- uses metacognitive skills

Naturalist

- loves nature and is curious about it
- recognizes and classifies many of the species found in nature
- notices patterns in the environment

- has extensive knowledge of the living world
- can precisely discriminate among objects of phenomena
- spends time outdoors