

ADULT LEARNING QUIZ

WHEN YOU:

YOU PREFER TO:

VISUAL

AUDITORY

KINESTHETIC

1	Solve a problem	<input type="checkbox"/> Make a list, check them off as you go	<input type="checkbox"/> Call and talk to friends or experts	<input type="checkbox"/> Walk through it in your head
2	Learn	<input type="checkbox"/> Read, see pictures, diagrams, sketches	<input type="checkbox"/> Listening, lectures, someone telling you	<input type="checkbox"/> Get involved, try it, hands on, take notes
3	Are bored	<input type="checkbox"/> Look around, watch something	<input type="checkbox"/> Talk to others or yourself	<input type="checkbox"/> Walk around, move, fidget, doodle
4	Go to a class	<input type="checkbox"/> Go to an art class	<input type="checkbox"/> Go to a music class	<input type="checkbox"/> Go to an exercise class
5	Spell a word	<input type="checkbox"/> Visualize it to see if it looks right	<input type="checkbox"/> Sound it out to see if it sounds right	<input type="checkbox"/> Write it down to see if it feels right
6	Read a book	<input type="checkbox"/> Read a book with great descriptions	<input type="checkbox"/> Read a book with compelling dialogue	<input type="checkbox"/> Read a book with fun action stories
7	Meet people	<input type="checkbox"/> Remember their faces, surroundings	<input type="checkbox"/> Remember their names, what was said	<input type="checkbox"/> Remember what happened, emotions
8	Choose an art form	<input type="checkbox"/> Look at paintings	<input type="checkbox"/> Listen to music	<input type="checkbox"/> Dance, sculpt
9	Are angry	<input type="checkbox"/> Scowl, be silent and hold anger in	<input type="checkbox"/> Shout, "blowup", be vocal	<input type="checkbox"/> Throw things, slam doors, stomp around
10	Get a new stereo	<input type="checkbox"/> Read instructions, look at diagrams	<input type="checkbox"/> Have someone tell you how to work it	<input type="checkbox"/> Figure it out yourself
11	Listen to music	<input type="checkbox"/> Daydream, see images in music	<input type="checkbox"/> Sing along, really listen to the music	<input type="checkbox"/> Move with the music, (dance, tap foot)
12	Tell a story	<input type="checkbox"/> Write it down	<input type="checkbox"/> Tell it out loud	<input type="checkbox"/> Act it out
13	Try to concentrate	<input type="checkbox"/> Be in a soothing environment	<input type="checkbox"/> Be in a quiet environment	<input type="checkbox"/> Be in an environment with little activity
14	Go to a restaurant	<input type="checkbox"/> Go someplace with comfortable lighting	<input type="checkbox"/> Go someplace where noise level is low	<input type="checkbox"/> Go someplace with comfortable chairs

Total # of Checks

☐

in Column One

☐

in Column Two

☐

in Column Three

