

## LEARNING MODALITIES SELF-ASSESSMENT

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The complex organ that we call “brain” uses its hundred billion plus cells to process information and images in many ways and on different levels. For example, in any given hour of consciousness, the brain collects, analyzes and stores over 36,000 visual cues.

As part of this vast data assimilation, comprehension and translation into action, learners use different approaches or modalities in gaining input. Most people have a preferred and a secondary modality for learning. These preferences are often called learning styles and involve receiving information through *auditory* (through hearing), *visual* (through seeing), or *kinesthetic* (through physically experiencing or emotionally sensing) means.

Simply stated, learning modalities or styles are differing approaches that people use to learn. It is important for you to recognize your own preferred style if you train others, as well as, be able to recognize that of others. The reason is that if you are not aware of your preferences, you may unconsciously design and deliver information in a format with which you are comfortable. In such instances, you might ignore the learning needs of a portion of your learners and ultimately cause a breakdown in the learning cycle.

To help determine your preferred learning style(s), complete the following self-assessment. This can help ensure that you are building training that is truly effective and to which learners are accepting.

### Figure 1-8 – Learning Modality Self-Assessment

Take a few minutes to read each of the following statements.

In the Preferred Behavior column, place a check (✓) in the space by each statement that is most like you.

Once you have selected all statements, look at the instructions at the end of the survey in order to determine your preferred style(s).

Style Category	Preferred Behavior
_____ 1.	_____ Like to touch or handle things when looking at them
_____ 2.	_____ Spell well
_____ 3.	_____ Like to listen to books on tape
_____ 4.	_____ Enjoy reading books

- \_\_\_\_\_ 5. \_\_\_\_\_ Verbal directions alone confuse me
- \_\_\_\_\_ 6. \_\_\_\_\_ Enjoy background music while working on a project or an activity
- \_\_\_\_\_ 7. \_\_\_\_\_ Would rather spend time discussing a topic than reading about it
- \_\_\_\_\_ 8. \_\_\_\_\_ Prefer use of colors and colored paper on handouts
- \_\_\_\_\_ 9. \_\_\_\_\_ Enjoy writing
- \_\_\_\_\_ 10. \_\_\_\_\_ Often talk to myself
- \_\_\_\_\_ 11. \_\_\_\_\_ Enjoy working with my hands
- \_\_\_\_\_ 12. \_\_\_\_\_ Good athlete
- \_\_\_\_\_ 13. \_\_\_\_\_ Enjoy jigsaw puzzles
- \_\_\_\_\_ 14. \_\_\_\_\_ Have a lot of nervous energy (e.g. manipulating objects or change in pockets, tapping pencils, etc)
- \_\_\_\_\_ 15. \_\_\_\_\_ Remember jokes, stories and conversations
- \_\_\_\_\_ 16. \_\_\_\_\_ Collect things
- \_\_\_\_\_ 17. \_\_\_\_\_ Comprehend information better if reading aloud
- \_\_\_\_\_ 18. \_\_\_\_\_ Can read maps well
- \_\_\_\_\_ 19. \_\_\_\_\_ Doodle or draw pictures
- \_\_\_\_\_ 20. \_\_\_\_\_ Use finger as pointer when reading
- \_\_\_\_\_ 21. \_\_\_\_\_ Like games, role plays and simulation activities
- \_\_\_\_\_ 22. \_\_\_\_\_ Use rhymes and jingles to remember things
- \_\_\_\_\_ 23. \_\_\_\_\_ Get meaning from someone's body language and facial expressions
- \_\_\_\_\_ 24. \_\_\_\_\_ Good at locating things or places
- \_\_\_\_\_ 25. \_\_\_\_\_ Take a lot of notes during a lecture
- \_\_\_\_\_ 26. \_\_\_\_\_ Interpret and understand graphs and diagrams well
- \_\_\_\_\_ 27. \_\_\_\_\_ Follow written instructions well

- \_\_\_\_\_ **28.** \_\_\_\_\_ Talk rapidly and use hands to communicate
- \_\_\_\_\_ **29.** \_\_\_\_\_ Like to take things apart and put them together
- \_\_\_\_\_ **30.** \_\_\_\_\_ Enjoy talking to others on the telephone

**SCORING YOURSELF:**

**TOTAL #1**    **A**\_\_\_\_\_            **V**\_\_\_\_\_            **K**\_\_\_\_\_

After rating all statements, go back and place an A (Auditory), V (Visual), or K (Kinesthetic) in the Style Category column before the appropriate statements, based on the following:

- A** =    #3, 7, 9, 10, 15, 17, 20, 22, 26, and 30  
**V** =    #2, 4, 5, 8, 13, 18, 19, 23, 25, and 27  
**K** =    #1, 6, 11, 12, 14, 16, 21, 24, 28, and 29

Finally, count the number of checks next to statements, by Style Categories, and put those totals by the appropriate on the **Total** line. For example, if the total number of checks next to statements labeled “A” was 5, you’d put a 5 next to the “A” on the **Total** line. You’d do likewise for totals next to “V” and “K.”

The letter with the highest score next to it is your primary learning modality or style, while the second highest score indicates your backup or secondary preference. If you have equally rated styles, you likely shift between them depending on the situation and function in which you are involved.

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