Read the word in the left column and then put a check mark in the columns to the left that best describe you. Your answers may fall into all three columns, but one column will likely contain the most answers. The column with the most checkmarks when you add them all up indicates your primary learning style.

MODALITESHow do you Learn?			
When you	Visual	Auditory	Kinesthetic & Tactile
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see,</i> <i>picture,</i> and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear, tune,</i> and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel, touch,</i> and <i>hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
Contact people on business	Do you prefer direct, face-to- face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
Do something new at school	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Totals			

Adapted from Colin Rose (1987). Accelerated learning. New York, NH: Dell Publishing. -