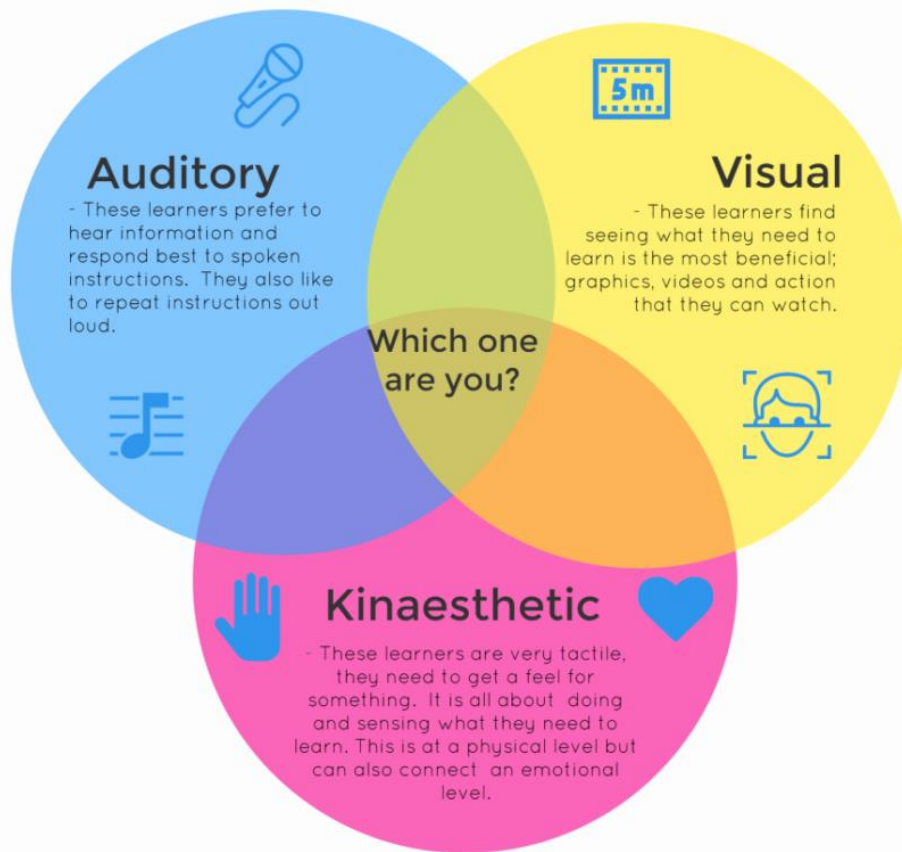


WHAT TYPE OF LEARNER ARE YOU?



Visual Learners

Visual learners are individuals who learn best through visual aids such as diagrams, charts, videos, and images. They An example of a visual learner is someone who prefers to learn through images, graphs, charts, and videos rather than through verbal or written explanations.

Characteristics & Strengths: strong visual memory, attention to detail, creativity, great observational skills.

Auditory Learners

An auditory learner is an individual who learns best through listening and auditory experiences. These learners comprehend and retain information more effectively when it is presented through spoken words, discussions, and other auditory means.

Characteristics & Strengths: good listening skills, effective in group discussions, use of mnemonics and rhymes to recall, aptitude to music and languages

Kinaesthetic Learners (Motoric)

The motoric type of a kinaesthetic learner is an individual who learns best through physical movement, hands-on experiences, and tactile engagement. These learners process information more effectively when they can actively manipulate objects, engage in physical activities, and use their sense of touch.

Characteristics & Strengths: memory through movement, hands-on problem solvers, physical coordination, learns through experience

Kinaesthetic Learners (Emotional)

The emotional type of a kinaesthetic learner is an individual influenced significantly by their emotional experiences in the learning process. Emotional aspects can play a crucial role in how individuals absorb, process, and retain information.

Characteristics & Strengths: strong intuition, thoughtful decisions, social awareness, impacted by feedback

VISUAL

- ___ I learn by watching.
- ___ I remember things I have seen.
- ___ I have a good memory for faces.
- ___ I like working with charts, graphs and diagrams.
- ___ I prefer to read about news rather than to listen to it on the radio.
- ___ I need to have things written down in order to remember them and sometimes feel lost without my planner.
- ___ I remember the position of words or pictures that I have seen on a page and can remember where I last saw a particular item.
- ___ I follow written directions better than oral ones.
- ___ I try to remember something by "picturing it in my head".
- ___ I need to take notes during a lecture or presentation so that I can look at them later.
- ___ I like to receive handouts from a presenter.
- ___ When I present material myself, I put a lot of time into making it look good.
- ___ I often use high-lighters or make notes while I am reading.
- ___ My camera is important to me and I like to take photographs and show them to others.

KINAESTHETIC (MOTORIC)

- ___ I learn by doing.
- ___ I remember things I have done.
- ___ I have a good memory for experiences.
- ___ I am good at sports.
- ___ I get restless when I need to sit for a long time and need regular physical activity.
- ___ I like to have "active" vacations.
- ___ I enjoy moving the pieces of a jigsaw puzzle around.
- ___ I feel very comfortable touching others. (eg. clapping someone on the shoulder)
- ___ I like action movies.
- ___ I often think, work through problems or get ideas while walking or doing other physical activity.
- ___ I need to write things down several times to remember them.
- ___ I like to play with small objects such as coins or keys in my pockets.
- ___ I like working with tools.
- ___ My sports equipment is important to me.

AUDITORY

- ___ I learn by listening.
- ___ I remember things I have heard.
- ___ I have a good memory for voices and music.
- ___ I can usually remember lyrics to songs.
- ___ I follow oral directions better than written ones.
- ___ I would rather listen to a good lecture or speech than read about the same material.
- ___ I rarely take notes during lectures or presentations.
- ___ I review material best by discussing with others.
- ___ I prefer to have an oral explanation of charts, graphs and diagrams.
- ___ I like to listen to the radio.
- ___ I like to take part in discussions.
- ___ I sometimes think aloud.
- ___ I remember sequences and sometimes need to go back to the beginning of a story to remember all of it.
- ___ My record or CD collection is important to me and I like to share listening experiences with friends.

KINAESTHETIC (EMOTIONAL)

- ___ I learn by using my feelings and intuition.
- ___ I remember things I have felt.
- ___ Situations which involved emotions stay in my memory for a long time.
- ___ I learn best from a teacher or person I like.
- ___ I need to feel comfortable with the people around me in order to learn or work successfully.
- ___ It's easy for me to speak about my feelings.
- ___ I often get "feelings in my stomach" about something.
- ___ I follow my feelings regarding other people.
- ___ People and situations trigger emotions within me.
- ___ I prefer romantic movies to action-oriented ones.
- ___ I need to have at least one good friend with whom I can discuss my everyday problems.
- ___ I often take criticism personally.
- ___ Social contacts to others are important to me.
- ___ I like to be around other people in relaxed, comfortable situations.