

MODALITY CHECK

Place a tick mark by all the statements that strongly describe what you prefer

Auditory

-I need to hear myself say it in order to remember it
-I often need to talk through a problem aloud in order to solve it.
-I memorize best by repeating the information aloud to myself over and over.
-I remember best when information fits into a rhythmic or musical pattern.
-I would rather listen to a recording of a book than sit and read it.

Total:.....

Visual

-I need to see an illustration of what I'm being taught before I understand it.
-I am drawn to flashy, colourful, visually stimulating objects.
-I almost always prefer books that include pictures or illustrations with the text.
-I look like I'm "daydreaming" when I'm trying to get a mental picture of what's being said.
-I usually remember better when I can actually see the person who's talking.

Total:.....

Kinaesthetic

-I have difficulty in sitting still for more than a few minutes at a time.
-I usually learn best by physically participating in a task.
-I almost always have some part of my body in motion.
-I prefer to read books or hear stories that are full of action.

I remember best when I can do something with the information.

Total:.....