

HMDV 1000: College Studies

LEARNING MODALITY CHECKLIST

Read each statement carefully. In the box provided, write the number that best describes how each statement applies to you. Answer honestly. There are no right or wrong answers. Total your score at the end of each section

1 – Almost Never Applies    2 – Applies Once in a While    3 – Sometimes Applies  
 4 – Often Applies            5 – Almost Always Applies

Ans.	Item
	I enjoy doodling and even my notes have lots of pictures, arrows, etc. in them.
	I remember things better if I write them down, even if I don't go back to see what I've written
	When trying to remember a phone number, it helps me to get a picture in my head.
	When recalling information during a test, I can see in my mind's eye the textbook page and the information on it.
	Unless I write down the directions to a place, I'm likely to get lost or arrive late.
	It helps me to look at a person when he or she is speaking. It helps keep me focused.
	It's hard for me to concentrate on what is being said if there is background noise.
	It's difficult for me to understand a joke when I hear it.
	It's easier for me to get work done in a quiet place.
	<b>VISUAL TOTAL</b>
	When reading, I read aloud so I can "hear the words in my head."
	When memorizing something, it helps me to recite it over and over.
	If I want to understand something, it helps me to try to explain it to someone else.
	During lectures, I don't need to take notes to remember what was said. Sometimes, taking notes even makes it harder for me to listen.
	I remember what people have said rather than what they were wearing.
	I would rather listen to the news on the radio than read it in the newspaper.
	I like tape recording memos to myself or sending and receiving messages on an answering machine rather than using written notes.
	I can easily understand what a speaker is saying, even though my eyes are closed or I'm staring out the window.
	I talk to myself when problem solving or writing.
	I prefer to have someone tell me how to do something rather than have to read the directions.
	<b>AUDITORY TOTAL</b>

(Continued on Back!)

Ans.	Item
	I don't like to read or listen to directions; I'd rather just start doing.
	I learn best when I'm shown how to do something and then have the opportunity to do it.
	I can study better with music playing in the background.
	Instead of trying to solve problems with a definite plan in mind, I like to try different things until I hit on something that works.
	My desk looks disorganized.
	I move my lips when I read.
	I take notes but seldom go back and read them.
	I can easily find my way around, even in strange surroundings.
	I think better when I have the freedom to move around. I get fidgety and feel trapped when sitting behind a desk.
	When I can't think of a specific word, I'll use my hands a lot and call something a "watchamacallit" or a "thingamajig.
	<b>HAPTIC TOTAL</b>

From: Pittman and Vondracek, <http://www.cl.uh.edu/ssc/sca/lss/lernstyl.htm>.