

Learning Channels Checklist

DIRECTIONS: Read each of the three sets of statements. Select only one of each set that best describes how you feel or act.

___ 1. I like to keep written records.	___ 1. I remember what people say.	___ 1. I like to build things.
___ 2. I typically watch the scenery when riding in the car.	___ 2. I typically listen to the radio when riding in the car.	___ 2. I flow with experience when driving or riding.
___ 3. I like to read the directions first before assembling something.	___ 3. I prefer to have someone talk me through the assembly	___ 3. I usually just start fitting the pieces together and figure it out as I go along.
___ 4. I follow written recipes easily when cooking.	___ 4. I talk aloud when following a recipe, solving a problem.	___ 4. I work out recipes by what feels right.
___ 5. I review for a test by writing a summary.	___ 5. I review for a test by reading notes aloud, talking it over with others.	___ 5. I review for a test by figuring out what the teacher will ask.
___ 6. I express myself best by writing or drawing.	___ 6. I express myself best by talking/listening.	___ 6. I express myself best through gestures, dance, and movement.
___ 7. I'd rather have a great TV.	___ 7. I'd rather have a great stereo system.	___ 7. I'd rather have a great shop or gym equipment.
___ 8. I memorize a zip code or phone number by writing or "picturing" it.	___ 8. I memorize a zip code or phone number by saying it to myself.	___ 8. I memorize a zip code or phone number by using it.
___ 9. I use visual images to remember names.	___ 9. I use rhyming words to remember names.	___ 9. I have trouble remembering names.
___ 10. I like to read or look at art.	___ 10. I talk a lot.	___ 10. I like to do physical activities.
___ 11. I plan the upcoming week by making a list.	___ 11. I plan the coming week by talking it through with someone.	___ 11. I plan the coming week by living through it in anticipation.
___ 12. I prefer written directions from an employer.	___ 12. I prefer oral directions from an employer.	___ 12. Tell the boss to leave me alone, I'll figure it out.
___ 13. I use a map to find my way in a strange town.	___ 13. I stop at a service station to ask directions.	___ 13. No, I'm not lost, I'm just taking the "long" way.
___ 14. I prefer the beauty of nature and art.	___ 14. I prefer listening to music.	___ 14. I prefer to go dancing or play sports.
___ 15. I prefer reading/writing games, Scrabble, etc.	___ 15. I prefer talking/listening games.	___ 15. I prefer movement over sitting games.
___ 16. I keep up on the news by reading, TV.	___ 16. I keep up on the news by listening to the radio, talking.	___ 16. I don't pay much attention to the news unless its sports.
___ 17. I can "see" what someone else is talking about.	___ 17. I am able to "hear" what someone is saying.	___ 17. I like to touch, am easily "moved."
___ 18. I use "free" time for reading, TV, movies, etc.	___ 18. I use "free" time for talking with other people.	___ 18. I use "free" time for physical activities, crafts, handwork.

_____ TOTAL
VISUAL

_____ TOTAL
AUDITORY

_____ TOTAL
TOUCH/MOVEMENT

Directions: Count the number of checks in each column and write the total on the line below it.