

Name \_\_\_\_\_

Date: \_\_\_\_\_

### Learning Styles Inventory (LSI)

	Yes	No
1. I like to listen and discuss work with a partner.	_____	_____
2. I learn by hearing my own voice on tape.	_____	_____
3. I prefer to learn something new by reading about it.	_____	_____
4. I often write down the directions someone has given me so that I don't forget them.	_____	_____
5. I enjoy physical sports or exercise.	_____	_____
6. I learn best when I can see new information in picture form.	_____	_____
7. I am able to visualize easily.	_____	_____
8. I learn best when someone talks or explains something to me.	_____	_____
9. I usually write things down so that I can look back at the later.	_____	_____
10. If someone says a long word, I can count the syllables that I hear.	_____	_____
11. I have a good memory for old songs or music.	_____	_____
12. I like to discuss in small groups.	_____	_____
13. I often remember the size, shape, and color of objects.	_____	_____
14. I often repeat out loud the directions someone has given me.	_____	_____
15. I enjoy working with my hands.	_____	_____
16. I can remember the faces of actors, settings, and other visual details of a movie I saw in the past.	_____	_____
17. I often use my hands and body movement when I'm explaining something.	_____	_____
18. I prefer to practice redrawing diagrams on a chalkboard rather than on paper.	_____	_____
19. I seem to learn better if I get up and move around while I study.	_____	_____
20. If I wanted to assemble a bike, I would need pictures or diagrams to help with each step.	_____	_____
21. I remember objects better when I have touched them or worked with them.	_____	_____
22. I learn best by watching someone else first.	_____	_____
23. I tap my fingers or my hands a lot while I am seated.	_____	_____
24. I speak a foreign language.	_____	_____
25. I enjoy building things.	_____	_____
26. I can follow the plot of a story on the radio.	_____	_____
27. I enjoy repairing things at home.	_____	_____
28. I can understand a lecture when I hear it on tape.	_____	_____
29. I am good a using machines or tools.	_____	_____
30. I find sitting still for very long difficult.	_____	_____

	Yes	No
31. I enjoy acting or doing pantomimes.	_____	_____
32. I can easily see pattern in designs.	_____	_____
33. I need frequent breaks to move around.	_____	_____
34. I like to recite or write poetry.	_____	_____
35. I can usually understand people with different accents.	_____	_____
36. I can hear many different pitches or melodies in music.	_____	_____
37. I like to dance and create new movements or steps.	_____	_____
38. I enjoy activities that require physical coordination.	_____	_____
39. I follow written directions better than oral ones.	_____	_____
40. I can easily recognize differences between similar sounds.	_____	_____
41. I like to create or use jingles/rhymes to learn things.	_____	_____
42. I wish more classes had hands-on experiences.	_____	_____
43. I can quickly tell if two geometric shapes are identical.	_____	_____
44. The things I remember best are the things I have seen in print or pictures.	_____	_____
45. I follow oral directions better than written ones.	_____	_____
46. I could learn the names of fifteen medical instruments much easier if I could touch and examine them.	_____	_____
47. I need to say things aloud to myself to remember them.	_____	_____
48. I can look at a shape and copy it correctly on paper.	_____	_____
49. I can usually read a map without difficulty.	_____	_____
50. I can "hear" a person's exact words and tone of voice days after he or she has spoken to me.	_____	_____
51. I remember directions best when someone gives me landmarks, such as specific buildings and trees.	_____	_____
52. I have a good eye for colors and color combinations.	_____	_____
53. I like to paint, draw, or make sculptures.	_____	_____
54. When I think back to something I once did, I can clearly picture the experience.	_____	_____

*Jo/02*

## Scoring Your Profile

1. Ignore the NO answers. Work only with the questions that have a YES answer.
2. For every YES answer, look at the number of the question. Find the number in the following chart and circle that number.
3. When you finish, not all the numbers in the following boxes will be circles. Your answers will very likely not match anyone else's in class.
4. Count the number of circles for the Visual box and write the total on the line. Do the same for the Auditory box and the Kinesthetic box.

Visual					Auditory					Kinesthetic				
3,	4,	6,	7,	9,	1,	2,	8,	10,	11,	5,	15,	17,	18,	19,
13,	16,	20,	22,	32	12,	14,	24,	26,	28,	21,	23,	25,	27,	29,
39,	43,	44,	48,	49,	34,	35,	36,	40,	41,	30,	31,	33,	37,	38,
51,	52,	54			45,	47,	50			42,	46,	53		
Total: _____					Total: _____					Total: _____				

## Analyzing Your Scores

1. The highest score indicates your *preference*. The lowest score indicates your weakest modality.
2. If your two highest scores are the same or very close, both of these modalities may be your preference.
3. If all three of your scores are identical, you have truly integrated all three modalities and can work equally well in any of the modalities.
4. Scores that are 10 or higher indicated you use the modality frequently.
5. Scores lower than 10 indicate the modality is not highly used. Most often, it is because you have had limited experience learning how to use the modality effectively as you learn. In this case, learning new strategies can strengthen your use of the modality.

## Common Characteristics of Visual, Auditory, and Kinesthetic Learners

The following chart shows common characteristics of each of the three types of learners or learning styles. A person does not necessarily possess abilities or strengths in all of the characteristics but may instead “specialize” in some of the characteristics. Some of this may be due to a person’s educational background or background of experiences. For example, an auditory learner may be strong in the area of language skills but may not have had the experience to develop skills with a foreign language or music.

### Common Characteristics

VISUAL	<ul style="list-style-type: none"> <li>• Learn best by seeing information</li> <li>• Can easily recall printed information in the form of numbers, words, phrases, or sentences</li> <li>• Can easily understand and recall information presented in pictures, charts, or diagrams</li> <li>• Have strong visualization skills and can look up (often up to the left) and “see” information</li> <li>• Can make “movies in their minds” of information they are reading</li> <li>• Have strong visual-spatial skills that involve sizes, shapes, textures, angles and dimensions</li> <li>• Pay close attention and learn to interpret body language (facial expressions, eyes, stance)</li> <li>• Have keen awareness of aesthetics, the beauty of the physical environment, and visual media</li> </ul>
AUDITORY	<ul style="list-style-type: none"> <li>• Learn best by hearing information</li> <li>• Can accurately remember details of information heard in conversations or lectures</li> <li>• Have strong language skills that include well-developed vocabularies and appreciation of words</li> <li>• Have strong oral communication skills that enable them to carry on conversations and be articulate</li> <li>• Have “finely tuned ears” and may find learning a foreign language relatively easy</li> <li>• Hear tones, rhythms, and notes of music and often have exceptional musical talents</li> </ul>
KINESTHETIC	<ul style="list-style-type: none"> <li>• Learn best by using their hands (“Hands-on” learning) or by full body movement</li> <li>• Learn best by doing</li> <li>• Learn well in activities that involve performing (athletes, actors, dancers)</li> <li>• Work well with their hands in areas such as repair work, sculpting, art, or working with tools</li> <li>• Are well-coordinated with a strong sense of timing and body movements</li> <li>• Often wiggle, tap their feet, or move their legs when they sit</li> <li>• Often were labeled as “hyperactive”</li> </ul>

## Learning Strategies

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Now that you are aware of your own learning style, you can begin to select learning strategies that work with your strengths: In the following charts you will find a wide array of learning strategies for you to try; the majority of your strategies will likely come from your area of strength. However, a valuable goal to set for yourself is to strive to integrate all of the modalities into your learning process; therefore, try using several of the strategies for your weaker modalities as well. As you will also notice, some learning strategies will incorporate more than one modality. Multisensory learning strategies have the capability of strengthening your memory even more.

### Learning Strategies That Utilize Modalities

#### VISUAL

- Create stronger visual memories of printed materials by highlighting important ideas with different colors of highlighters or by highlighting specific letters in spelling words or formulas or equations in math.
- Take time to visualize pictures, charts, graphs, or printed information and take time to practice recalling visual memories when you study.
- Create “movies in your mind” of information that you read; use your visual memory as a television screen with the information moving across the screen.
- Use visual study tools such as visual mappings, hierarchies, comparison charts, and time lines to represent information you are studying. Expand chapter mappings or create your own chapter mappings to review main ideas and important details in chapters. Add colors and/or shapes or pictures.
- Enhance your notes, flash cards, or any other study tools by adding colors and pictures (sketches, cartoons, stick figures).
- Color-code study tools. (Different colors imprint into memory more easily for some students.) Colors can be used to accentuate specific parts of textbooks, notes, or any written materials you work with or you have created.
- Copy information in your own handwriting if seeing information on paper in your own handwriting helps you learn and remember more easily. Practice visualizing what you write.
- Use your keen observational skills to observe people and pick up on clues they may give about important information, emotions, or their general state of being.
- Always be prepared with a pen and notepaper (or a small notepad) to write down information or directions. (Written information is easier to recall more accurately.)

## Learning Strategies That Utilize Modalities (cont.)

### AUDITORY

- Talk out loud to explain new information, express your ideas, practice information you are studying, or paraphrase another speaker.
- Recite frequently while you study. Reciting involves speaking out loud in complete sentences and in your own words.
- Read out loud. (Reading out loud often increases a person's comprehension or clarifies confusing information that is read silently.)
- Work with tutors, with a "study buddy," or in a study group to have ample opportunity to ask questions, articulate answers, and express your understanding of information orally.
- For lectures, take your own notes, but back your notes up with a tape-recorded version of the lecture. (Request approval first from the instructor.) Review only the parts of the lecture that are unclear or confusing.
- When you practice reciting your notes, flash cards, study tools or information from a textbook, turn on a tape recorder. Tapes made in your own voice often become valuable review tools.
- Verbally explain information or processes to someone or to an imaginary person. Explaining verbally provides immediate feedback of your level of understanding.
- Make review tapes to review the most important information (rules, definitions, formulas, lists of information, dates, or other factual information) prior to a test.
- Create rhymes, jingles, or songs to help you remember specific facts.
- Read confusing information using exaggerated expression. The natural rhythm and patters of your voice often group information in such a way that it becomes easier to understand.
- Use computerized technology (electronic spell checkers, calculators with a "voice," speech synthesizers on computers) to help with the learning process. Access CD-ROM programs and multimedia software that provide auditory and visual stimuli for learning.

### KINESTHETIC

- Handle objects, tools, or machinery that you are trying to learn. For example, handle the rocks you study in geology, repeat applications several times on a computer, or hold and use tools or parts of machinery that are discussed in class or in your textbook.
- Create manipulatives (study tools that you can move around with your hands). These may include flash cards or cards that can be shuffled, spread out, sorted, or stacked as a way to categorize information.
- Cut charts or diagrams apart; reassemble them in their correct order.
- Use exaggerated movements and hand expressions, drama, dance, pantomime, or role playing to assist the development of long-term memory. Muscles also hold memory, so involving movement in the learning process creates muscle memory.
- Type or use a word processor. Using a keyboard involves fine motor skills and muscle memory; it may be easier to remember information that you typed or entered into a computer.
- Talk and walk as you recite or practice information. Pacing or walking with study materials in hands helps some people process information more naturally.
- Work at a chalkboard, with a flip chart, or on large poster paper to create study tools. List, draw, practice, or write information while you stand up and work on a larger surface.
- Learn by doing. Use every opportunity possible to move as you study. For example, if you are studying perimeters in math, tape off an area of a room and walk the perimeter.

**Learning Styles Inventory**  
**Class Profile**

<b>Name</b>	<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic</b>	<b>Comments</b>

*Jo/2010*

## ***MULTIPLE INTELLIGENCES CHECKLIST***

### **INSTRUCTIONS:**

It is hoped that this checklist will be fun to do and will help you discover your many gifts. This is not a test – it's just for your own information – but it is based on wonderful studies done by many wise people about how we learn and why it is really great to know our own preferences; each one of us is unique and our preferences help us understand our special ways of learning and knowing.

Check any items that seem to apply to you. You may check as many as you like. Please have a good time and enjoy yourself!

1.     \_\_\_ I enjoy reading books.
2.     \_\_\_ I have always liked math and science classes best and I do well in them.
3.     \_\_\_ I enjoy drawing, painting and doodling.
4.     \_\_\_ I love being outdoors and enjoy spending my free time outside.
5.     \_\_\_ I have a pleasant singing voice and I like to sing.
6.     \_\_\_ I'm the kind of person others come to for advice.
7.     \_\_\_ I have some important goals for my life that I think about often.
8.     \_\_\_ I love animals and I spend a lot of time with them.
9.     \_\_\_ I like English, social studies and history better than math and science.
10.    \_\_\_ I try to look for patterns and regularities in things, such as every third stair on the staircase has a notch in it.
11.    \_\_\_ I like to figure out how to take apart and put back together things like toys and puzzles.
12.    \_\_\_ I am an active person and if I can't move around I get bored.
13.    \_\_\_ I frequently listen to music because I enjoy it so much.
14.    \_\_\_ I like going to parties and social events.
15.    \_\_\_ I think I am a very independent person.



16. \_\_\_\_ I enjoy watching nature shows on television like the Discovery Channel, National Geographic and Nova.
17. \_\_\_\_ I am good at using words to get others to change their mind.
18. \_\_\_\_ I enjoy playing around with a chemistry set and am interested in new discoveries in science.
19. \_\_\_\_ When I watch a movie or video, I am more interested in what I see than what I hear.
20. \_\_\_\_ I think I am well coordinated.
21. \_\_\_\_ I can play a musical instrument.
22. \_\_\_\_ I don't like to argue with people.
23. \_\_\_\_ Sometimes I talk to myself.
24. \_\_\_\_ It's fun to watch birds or other animals, to watch their habits, and to learn more about them.
25. \_\_\_\_ I'm good at Scrabble and other word games.
26. \_\_\_\_ I believe that almost everything has a logical explanation.
27. \_\_\_\_ When I close my eyes, sometimes I can see clear images in my head that seem real.
28. \_\_\_\_ I have good skills in one or more sports and learn new sports quickly.
29. \_\_\_\_ I can easily keep time to a piece of music.
30. \_\_\_\_ I enjoy getting other people to work together.
31. \_\_\_\_ I like to spend time alone thinking about things that are important to me.
32. \_\_\_\_ I'm very good at telling the difference between different kinds of birds, dogs, trees and stuff like that.
33. \_\_\_\_ I like to learn new words and know their meanings.
34. \_\_\_\_ I like to play games and solve brainteasers that require tactics and strategy.

35.    \_\_\_ I am good at reading maps and finding my way around unfamiliar places.
36.    \_\_\_ I don't like organized team sports as much as individual sports activities, such as tennis, swimming, skiing, golf or ballet.
37.    \_\_\_ I know the tunes and titles of many songs and musical pieces.
38.    \_\_\_ I consider myself a leader (and others call me that).
39.    \_\_\_ I would rather spend a vacation in a cabin in the woods than at a fancy resort.
40.    \_\_\_ I enjoy visiting zoos, natural history museums or other places where the world is studied.
41.    \_\_\_ It's easy for me to memorize things at school.
42.    \_\_\_ It is fun for me to work with numbers and data.
43.    \_\_\_ I like some colors better than others.
44.    \_\_\_ I don't mind getting my hands dirty from activities like painting, clay, or fixing and building things.
45.    \_\_\_ Sometimes I catch myself walking along with a television jingle or song in my mind.
46.    \_\_\_ When I have a problem, I'll probably ask a friend for help.
47.    \_\_\_ I think I know what I am good at and what I'm not so good at doing.
48.    \_\_\_ I like being outside whenever possible; I feel confident and comfortable there.
49.    \_\_\_ I like to look things up in the dictionary or any encyclopedia.
50.    \_\_\_ I like to ask people questions about how things work or why nature is the way it is.
51.    \_\_\_ I sketch or draw when I think.
52.    \_\_\_ Sometimes when I talk with people, I gesture with my hands.
53.    \_\_\_ I like to make up my own tunes and melodies.

54. \_\_\_\_ I have at least three close friends.
55. \_\_\_\_ I have hobbies and interests that I prefer to do on my own.
56. \_\_\_\_ I like camping and hiking.
57. \_\_\_\_ I like to talk to friends and family better than watching TV.
58. \_\_\_\_ I have an easy time understanding new math concepts in school.
59. \_\_\_\_ I enjoy reading things more when they have lots of pictures and drawings.
60. \_\_\_\_ I would rather play a sport than watch it.
61. \_\_\_\_ Often I keep time to music by tapping to the beat or humming the tune when I am studying or talking on the phone.
62. \_\_\_\_ I am easy to get to know.
63. \_\_\_\_ I want to be self-employed or maybe start my own business.
64. \_\_\_\_ I want to become a volunteer in an ecological organization (such as Greenpeace or Sierra Club) to help save nature from further destruction.
65. \_\_\_\_ I like to write things like stories, poems and reports.
66. \_\_\_\_ I like things better when they are organized, categorized or measured.
67. \_\_\_\_ I am good at playing Pictionary, doing jigsaw puzzles, and solving mazes.
68. \_\_\_\_ I like to “ham it up” in skits, plays, speeches, sports or other types of activities.
69. \_\_\_\_ I can tell when notes are off-key.
70. \_\_\_\_ I feel comfortable most of the time, even in the midst of a crowd.
71. \_\_\_\_ I like to spend time by myself thinking about thing that I value.
72. \_\_\_\_ When I was younger I used to dislodge big rocks from the ground to discover the living things underneath.
73. \_\_\_\_ I’m really good at describing things in words.

- 74.    \_\_\_ I think I am good at working with numbers and data.
- 75.    \_\_\_ I am better at remembering faces than names.
- 76.    \_\_\_ I like working with my hands in activities such as sewing, carving, or model-building.
- 77.    \_\_\_ I know what I like and don't like in music.
- 78.    \_\_\_ I am good at making new friends.
- 79.    \_\_\_ I like to think about things before I take any action.
- 80.    \_\_\_ I have a green thumb and I am really good at keeping plants alive and healthy.

*Note:*

As recommended by Dr. Armstrong, this checklist does not contain elements from the Existential intelligence, as it is an area that is best identified through personal reflection.

*Reference:*

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## MULTIPLE INTELLIGENCES TALLY SHEET

Circle the numbers below that you checked on your Multiple Intelligence checklist. Then count how many **circles** you have in each **column**, and write that number at the bottom of each column.

	1	2	3	4	5	6	7	8
	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31	32
	33	34	35	36	37	38	39	40
	41	42	43	44	45	46	47	48
	49	50	51	52	53	54	55	56
	57	58	59	60	61	62	63	64
	65	66	67	68	69	70	71	72
	73	74	75	76	77	78	79	80
<b>How many circles in each column?</b>								
	LIN	I-M	SP	B-K	MU	NTER	NTRA	NAT

Look at the columns where you counted the most circles. You may have one, two or three areas that stand out. It doesn't matter how many, but rather what "fits" and seems right for you. See the key below to discover your natural preferences!

LIN = Linguistic

MU = Musical

L-M = Logical-Mathematical

NTER = Interpersonal

SP = Spatial

NTRA = Intrapersonal

B-K = Bodily-Kinesthetic

NAT = Naturalist

Congratulations! You are a unique and special individual with many wonderful abilities, gifts and talents!

## Which Career Pathway is right for you?

# THE RIASEC TEST

Follow these easy steps to see where your interests are.

**1** Read each statement. If you agree with the statement, fill in the circle. There are no wrong answers!

1. I like to work on cars .....	<input type="radio"/>						
2. I like to do puzzles .....		<input type="radio"/>					
3. I am good at working independently .....			<input type="radio"/>				
4. I like to work in teams .....				<input type="radio"/>			
5. I am an ambitious person, I set goals for myself .....					<input type="radio"/>		
6. I like to organize things, (files, desks/offices) .....						<input type="radio"/>	
7. I like to build things .....	<input type="radio"/>						
8. I like to read about art and music .....			<input type="radio"/>				
9. I like to have clear instructions to follow .....						<input type="radio"/>	
10. I like to try to influence or persuade people .....					<input type="radio"/>		
11. I like to do experiments .....		<input type="radio"/>					
12. I like to teach or train people .....				<input type="radio"/>			
13. I like trying to help people solve their problems .....				<input type="radio"/>			
14. I like to take care of animals .....	<input type="radio"/>						
15. I wouldn't mind working 8 hours per day in an office .....						<input type="radio"/>	
16. I like selling things .....					<input type="radio"/>		
17. I enjoy creative writing .....			<input type="radio"/>				
18. I enjoy science .....		<input type="radio"/>					
19. I am quick to take on new responsibilities .....					<input type="radio"/>		
20. I am interested in healing people .....				<input type="radio"/>			
21. I enjoy trying to figure out how things work .....		<input type="radio"/>					
Total							
R I A S E C							

22. I like putting things together or assembling things .....	<input type="radio"/>						
23. I am a creative person .....			<input type="radio"/>				
24. I pay attention to details .....						<input type="radio"/>	
25. I like to do filing or typing .....							<input type="radio"/>
26. I like to analyze things (problems/situations) .....		<input type="radio"/>					
27. I like to play instruments or sing .....			<input type="radio"/>				
28. I enjoy learning about other cultures .....				<input type="radio"/>			
29. I would like to start my own business .....						<input type="radio"/>	
30. I like to cook .....	<input type="radio"/>						
31. I like acting in plays .....			<input type="radio"/>				
32. I am a practical person .....	<input type="radio"/>						
33. I like working with numbers or charts .....		<input type="radio"/>					
34. I like to get into discussions about issues .....				<input type="radio"/>			
35. I am good at keeping records of my work .....							<input type="radio"/>
36. I like to lead .....						<input type="radio"/>	
37. I like working outdoors .....	<input type="radio"/>						
38. I would like to work in an office .....							<input type="radio"/>
39. I'm good at math .....		<input type="radio"/>					
40. I like helping people .....					<input type="radio"/>		
41. I like to draw .....			<input type="radio"/>				
42. I like to give speeches .....						<input type="radio"/>	
Total							
R I A S E C							

Grand Total

R	I	A	S	E	C

**2** Add up the number of filled in circles in each column and then add the two columns together for a grand total.

**3** Using your grand total scores from above, transfer the scores for each letter into the appropriate column below.

<b>R</b>	=	Realistic	Total: _____
<b>I</b>	=	Investigative	Total: _____
<b>A</b>	=	Artistic	Total: _____
<b>S</b>	=	Social	Total: _____
<b>E</b>	=	Enterprising	Total: _____
<b>C</b>	=	Conventional	Total: _____

**4** Take the three letters with the highest scores and record them under "My Interest Code".

MY INTEREST CODE

**5** Turn the page to see what this means!

## Which Career Pathway is right for you?

### RESULTS OF THE RIASEC TEST

#### R = Realistic

These people are often good at mechanical or athletic jobs. Good college majors for Realistic people are...

- Agriculture
- Health Assistant
- Computers
- Construction
- Mechanic/Machinist
- Engineering
- Food and Hospitality

##### Related Pathways

Natural Resources  
Health Services  
Industrial and Engineering Technology  
Arts and Communication

#### I = Investigative

These people like to watch, learn, analyze and solve problems. Good college majors for Investigative people are...

- Marine Biology
- Engineering
- Chemistry
- Zoology
- Medicine/Surgery
- Consumer Economics
- Psychology

##### Related Pathways

Health Services  
Business  
Public and Human Services  
Industrial and Engineering Technology

#### A = Artistic

These people like to work in unstructured situations where they can use their creativity. Good majors for Artistic people are...

- Communications
- Cosmetology
- Fine and Performing Arts
- Photography
- Radio and TV
- Interior Design
- Architecture

##### Related Pathways

Public and Human Services  
Arts and Communication

#### S = Social

These people like to work with other people, rather than things. Good college majors for Social people are...

- Counseling
- Nursing
- Physical Therapy
- Travel
- Advertising
- Public Relations
- Education

##### Related Pathways

Health Services  
Public and Human Services

#### E = Enterprising

These people like to work with others and enjoy persuading and performing. Good college majors for Enterprising people are:

- Fashion Merchandising
- Real Estate
- Marketing/Sales
- Law
- Political Science
- International Trade
- Banking/Finance

##### Related Pathways

Business  
Public and Human Services  
Arts and Communication

#### C = Conventional

These people are very detail oriented, organized and like to work with data. Good college majors for Conventional people are...

- Accounting
- Court Reporting
- Insurance
- Administration
- Medical Records
- Banking
- Data Processing

##### Related Pathways

Health Services  
Business  
Industrial and Engineering Technology