

Attending

(Motivation to Learn)

1. Question 1

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I do not like to participate in workshops or training courses unless the subject really interests me.

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I often find myself daydreaming when a trainer or facilitator is speaking.

2. Question 2

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I can usually concentrate when I want to.

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A noisy environment usually irritates me and breaks my concentration.

3. Question 3

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I like to know what I will get out of it before I give my full attention.

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I tend not to ask questions in a group of people, even if I do not understand.

4. Question 4

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I ask questions to clarify information when it is needed.

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I often find myself doodling or drawing.

5. Question 5

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I find that diagrams and models are useful in training.

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People often fidget a lot in the training room.

6. Question 6

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I like to start and finish on time, and work hard in between.

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I often think about things other than what is being discussed in a training class or workshop.

7. Question 7

☐

People who talk and do not pay attention when they are in a class annoy me.

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I sometimes need to be given instructions for activities or exercises twice.

8. Question 8

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I try to look for the relevance of what is being presented.

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Many course presenters are not very good at holding my attention.

Translating

(Learning Reliance)

9. Question 9

- ☐ I often find other people's ideas more useful or interesting than my own.
- ☐ In a formal training environment, I prefer to work with a group.

10. Question 10

- ☐ I always like it when a trainer spells out clear learning objectives and outcomes.
- ☐ In a formal training environment, I prefer to work independently.

11. Question 11

- ☐ I prefer lectures to group activities or discussion.
- ☐ I am happy to be given a wide range of pre-reading material before a course.

12. Question 12

- ☐ In a formal training environment, I prefer to work with well-structured presentation notes and handouts.
- ☐ You almost always meet really interesting people in a training class.

13. Question 13

- ☐ I enjoy seminars in which ideas can be freely exchanged.
- ☐ Some course leaders don't have all the information when you ask them questions.

14. Question 14

- ☐ I am often attracted to a course that has a well-structured curriculum.
- ☐ I could quite easily take courses on my own, via distance learning.

15. Question 15

- ☐ I am happy to be given work assignments or projects involving one or two other people.
- ☐ I like to set my own learning goals.

16. Question 16

- ☐ I often volunteer for role-plays if they are part of the training course.
- ☐ I usually decide pretty quickly which information is useful to me and which is not.

17. Question 17

- ☐ I am happy to listen to a presentation that includes complex information.
- ☐ I tend to study more effectively when I'm working with others.

18. Question 18

☐

Learning is usually more effective when the subject is fully discussed or debated in a group.

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I'm comfortable taking a leadership role in group discussions.

19. Question 19

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I am rarely comfortable in loosely-defined brainstorming sessions.

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I can often ask probing and incisive questions about the information that is being presented.

20. Question 20

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I like to check facts or learning conclusions with others before I decide for myself.

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I often get my best ideas by talking them out with others.

Relating

(Data Perception)

21. Question 21

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When relaxing, I prefer to watch a film or go to see a play.

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When relaxing, I prefer to listen to music or the radio.

22. Question 22

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If I'm lost or need directions, I prefer having a map.

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When relaxing, I prefer to play games or sports.

23. Question 23

☐

I like course information presented in diagrams and pictures.

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I often like to be doing something with my hands when I'm listening or talking.

24. Question 24

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I prefer to talk to people face-to-face.

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I am often impatient to speak, and I often finish other people's sentences.

25. Question 25

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I enjoy talking to people on the phone for long periods of time.

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I prefer many short breaks in a class so that I can move around.

26. Question 26

☐

When bored, I tend to doodle or watch something.

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I like to get involved in physical activity during a training class.

27. Question 27

☐

If I'm lost or need directions, I need to be told.

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I'm not good at sitting still for long periods of time.

28. Question 28

☐

I am quite happy to listen to a long presentation or lecture.

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If I am lost or in need of directions, I prefer to be shown the way.

29. Question 29

☐

I tend to forget names and remember faces.

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I find background music helpful when we are doing group exercises in a training class.

30. Question 30

☐

I often forget faces but remember names.

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I make gestures and use my hands when I am speaking.

31. Question 31

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I'm not good at listening to others.

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I like outdoor activities and exercises, where you can 'get your hands dirty'.

32. Question 32

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I often find that a video is a useful addition to most courses.

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I talk to myself sometimes.

Understanding

(Information Synthesis)

33. Question 33

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I am good at seeing the big picture.

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It is important to include the details, as much as you can.

34. Question 34

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I often see relationships between ideas.

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It is usually best to focus and to concentrate.

35. Question 35

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It is important to read between the lines.

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I can often easily recall facts and figures.

36. Question 36

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Learning presents lots of options and possibilities.

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I like direct and practical answers to my questions.

37. Question 37

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It is important to 'go with the flow' most of the time.

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I like things to be ordered in a step-by-step sequence.

38. Question 38

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I don't like having to explain myself in detail.

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I like to be prepared.

39. Question 39

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I often don't know why I do some things.

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I usually prefer to deal with one thing at a time.

40. Question 40

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I quickly get bored when a course leader spends time on minor details.

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I can get frustrated by opinion expressed as fact.