

## NAVIGATIONAL STRATEGIES QUESTIONNAIRE

This questionnaire contains questions about your experience navigating, the strategies you use, and what helps you to navigate. Circle the answer for each question that best describes how you navigate, or describe your answer in the space beside "Other" if neither applies.

1. When planning a route, do you picture a map of your route or do you picture scenes of what you will see along the way?

Map                      Scenes                      Other: \_\_\_\_\_

2. Do you consider yourself a good navigator?

Yes                      No

3. Do you find it easy to read and use maps?

Yes                      Somewhat                      No

4. How often do you get disoriented while finding your way around?

Very often              Somewhat often              Very rarely

5. When thinking about a familiar street, how well can you picture the buildings along it?

Very clearly              Somewhat clearly              Hardly at all

6. Would you give directions to a friend in terms of landmarks (i.e., when you see the subway stop, turn left?) or in terms of map directions (i.e., walk north four blocks, then turn left?)?

Landmarks              Map Directions              Other: \_\_\_\_\_

7. Do you picture travelling a route on street level or from a bird's eye view?

Street-level              Bird's Eye View              Other: \_\_\_\_\_

8. When navigating in an area you know well, do you usually just know where to go or do you need to look around at the surroundings to decide (e.g., coming out of a subway station)?

Today's Date: \_\_\_\_\_

Subject ID: \_\_\_\_\_

Know it          Some of each          Need to look around

9. When travelling along a new route, do you usually remember what buildings you've passed?

Yes          Somewhat          Rarely

10. Would you prefer to navigate using a list of directions or a map?

Directions          Map          No preference

11. Do you use landmarks (i.e., familiar buildings) to orient yourself when navigating?

Often          Sometimes          Rarely

12. Do you find you're flexible navigating along routes (i.e., you can take new shortcuts easily), or do you prefer to follow the same path every time?

Flexible          Somewhat flexible          Prefer the same route

13. How easily could you draw a map of an area of the city that you know well?

Very easily          Somewhat easily          Not easily

14. Do you think that you navigate by following a mental map, or working on scene at a time?

Maps          Scene at a time          Other