



Clear, Concise Solutions for Your Future

667 Shunpike Road, Suite # 3

Chatham, NJ 07928

Phone: 973-514-2002

Fax: 973-514-1101

E-mail: [info@college-retirement.com](mailto:info@college-retirement.com)

<http://www.college-retirement.com>

Name \_\_\_\_\_

VISUAL	_____	LEFT	_____
AUDITORY	_____	RIGHT	_____
TACTILE	_____	MIXED	_____
KENESTHETIC	_____		

## Your Learning Style

In this section you will take the learning style preference assessment to find your learning style preference. I am not going to tell you anything about the learning style preferences until the chapters *after* you take these quizzes, because I do not want to color your answers or let you answer in a way that favors the learning style you think you are. In order for this method to work, you have to be as accurate as possible in answering the questions to determine your learning style preference. If you do not answer these accurately and the results indicate that you are a different learning style than what you really are, you will not be learning in your most effective way. For each learning style there are different methods to use, and it would be ineffective for you to use the wrong technique. So be as accurate as you can-as painful as it may be for some!

The key to answering the questions is to select answers or choices that are most natural and comfortable. Although we may be able to behave in ways described in other choices-and we often have to do that on the job or in other situations-one choice will probably feel best to us if left to our own devices. Just as we can force ourselves to write with our non-dominant hand, we may also force ourselves to behave in two, three, or four different ways (described in each question) depending on the circumstance. The question to ask yourself is, "Which way feels best and is the least stressful?" It- is in this spirit that you should respond to the questions. What happens if you truly feel you can select more than one choice? For some questions, you may know absolutely that two or three choices (or even all the choices, for some people) are equally true for you. In that case, go ahead and select all those that equally describe you. First try to settle on one choice, and if you are sure that there is more than one best answer, then select the others also.

## The Learning Style Preference Assessment

1. When you meet a new person what do you first notice about him or her?
  - a. what he or she looks like and how he or she dresses
  - b. how the person talks, what he or she says, or his or her voice
  - c. how you feel about the person
  - d. how the person acts or what he or she does
  
2. Days after you meet a new person, what do you remember the most about that person?
  - a. the person's face
  - b. the person's name
  - c. how you felt being with the person even though you may have forgotten the name or face
  - d. what you and the person did together even though you may have forgotten the name or face
  
3. When you enter a new room, what do you notice the most?
  - a. how the room looks
  - b. the sounds or discussion in the room
  - c. how comfortable you feel emotionally or physically in the room
  - d. what activities are going on and what you can do in the room
  
4. When you learn something new, which way do you need to learn it?
  - a. A teacher gives you something to read on paper or on the board and shows you books, pictures, charts, maps, graphs, or objects, but there is no talking, discussion, or writing.
  - b. The teacher explains everything by talking or lecturing and allows you to discuss the topic and ask questions, but does not give you anything to look at, read, write, or do.
  - c. The teacher lets you write or draw the information, touch hands-on materials, type on a keyboard, or make some- thing with your hands.
  - d. The teacher allows you to get up to do projects, simulations, experiments, play games, role-play, act out real-life situations, explore, make discoveries, or do activities that allow you to move around to learn.
  
5. When you teach something to others, which of the following do you do?
  - a. You give them something to look at like an object, picture or chart, with little or no verbal explanation or discussion.
  - b. You explain it by talking, but do not give them any visual materials.
  - c. You draw or write it out for them or use your hands to explain.
  - d. You demonstrate by doing it and have them do it with you.
  
6. What type of books do you prefer to read?
  - a. books that contain descriptions to help you see what is happening
  - b. books containing factual information, history, or a lot of dialogue
  - c. books about characters' feelings and emotions, self-help books, books about emotions and relationships, or books on improving your mind or body
  - d. short books with a lot of action, or books that help you excel at a sport, hobby, or talent
  
7. Which of the following activities would you prefer to do in your free time?
  - a. read a book or look .at a magazine

- b. listen to an audio taped book, a radio talk show, or listen to or perform music
- c. write, draw, type, or make something with your hands
- d. do sports, build something, or play a game using body movement

8. Which of the following describes how you can read or study best?

- a. You can study with music, noise, or talking going on, because you tune it out.
- b. You cannot study with music, noise or talking going on because you cannot tune it out.
- c. You need to be comfortable, stretched out, and can work with or without music, but negative feelings of others distract you.
- d. You need to be comfortable, stretched out, and can work with or without music, but activity or movement in the room distracts you.

9. When you talk with someone, which way do your eyes move? (You can ask someone to observe you to help you answer this question.)

- a. You need to look directly at the face of the person who is talking to you, and you need that person to look at your face when you talk.
- b. You look at the person only for a short time, and then your eyes move from side to side, left and right.
- c. You only look at the person for a short time to see his or her expression, then you look down or away.
- d. You seldom look at the person and mostly look down or away, but if there is movement or activity, you look in the direction of the activity.

10. Which of the following describes you best?

- a. You notice colors, shapes, designs, and patterns wherever you go and have a good eye for color and design.
- b. You cannot stand silence, and when it is too quiet in a place you hum, sing, talk aloud., or turn on the radio, television, audiotapes, or CD's to keep an auditory stimulus in the environment.
- c. You are sensitive to people's feelings, your own feelings get hurt easily, you cannot concentrate when others do not like you, and you need to feel loved and accepted in order to work.
- d. You have a hard time sitting still in your seat and need to move a lot, and if you do have to sit you will slouch, shift around, tap your feet, or kick or wiggle your legs a lot.

11. Which of the following describes you the best?

- a. You notice when people's clothes do not match or their hair is out of place and often want them to fix it.
- b. You are bothered when someone does not speak well and are sensitive to the sounds of dripping faucets or equipment noise.
- c. You cry at the sad parts of movies or books.
- d. You are restless and uncomfortable when forced to sit still and cannot stay in one place too long.

12. What bothers you the most?

- a. a messy, disorganized place
- b. a place that is too quiet
- c. a place that is not comfortable physically or emotionally
- d. a place where there is no activity allowed or no room to move

13. What bothers you the most when someone is teaching you?

- a. listening to a lecture without any visuals to look at
- b. having to read silently with no verbal explanation or discussion
- c. not being allowed to draw, doodle, touch anything with your hands, or take written notes, even if you never look at your notes again
- d. having to look and listen without being allowed to move

14. Think back to a happy memory from your life. Take a moment to remember as much as you can about the incident. After reliving it, what memories stand out in your mind?

- a. what you saw, such as visual descriptions of people, places, and things
- b. what you heard, such as dialogue and conversation, what you said, and the sounds around you
- c. sensation on your skin and body and how you felt physically and emotionally
- d. what actions and activities you did, the movements of your body, and your performance

15. Recall a vacation or trip you took. For a few moments remember as much as you can about the experience. After reliving the incident, what memories stand out in your mind?

- a. what you saw, such as visual descriptions of people, places, and things
- b. what you heard, such as dialogue and conversation, what you said, and the sounds around you
- c. sensation on your skin and body and how you felt physically and emotionally
- d. what actions and activities you did, the movements of your body, and your performance

16. Pretend you have to spend all your time in one of the following places where different activities are going on. In which one would you feel the most comfortable?

- a. a place where you can read; look at pictures, art work, maps, charts, and photographs; do visual puzzles such as mazes, or find the missing portion of a picture; play word games such as Scrabble or Boggle; do interior decoration, or get dressed up
- b. a place where you can listen to audio taped stories, music, radio or television talk shows or news; play an instrument or sing; play word games out loud, debate, or pretend to be a disc jockey; read aloud or recite speeches or parts from a play or movie, or read poetry or stories aloud
- c. a place where you can draw, paint, sculpt, or make crafts; do creative writing or type on a computer; do activities that involve your hands, such as playing an instrument, games such as chess, checkers, or board games, or build models
- d. a place where you can do sports, play ball or action games that involve moving your body, or act out parts in a play or show; do projects in which you can get up and move around; do experiments or explore and discover new things; build things or put together mechanical things; or participate in competitive team activities

17. If you had to remember a new word, would you remember it best by:
- a. seeing it
  - b. hearing it
  - c. writing it
  - d. mentally or physically acting out the word
- 

### Scoring Instructions

Total the scores *from* the assessment as follows (if you gave more than one answer for any question, include all *of* the choices in the total for each letter):

Add up all the answers marked a and write the total: \_\_\_\_\_

Add up all the answers marked b and write the total: \_\_\_\_\_

Add up all the answers marked c and write the total: \_\_\_\_\_

Add up all the answers marked d and write the total: \_\_\_\_\_

If the a category is your highest score, you are a visual learner. If the b category is your highest score you are an auditory learner. If the c category is your highest score, you are a tactile learner. If the d category is your highest score, you are a kinesthetic learner. Also note your second, third, and least preferred learning style. (Note: Some people have developed several *or* all learning styles, and *two*, three, *or* four learning Styles may be tied.)

Write your learning style below so you can refer to it as you proceed through the rest *of* the book.

My preferred learning style is: \_\_\_\_\_

# Brain Hemispheric Preference Assessment

In this section you will be taking the brain hemispheric preference assessment to find out which brain hemisphere you prefer to use for understanding and storing new information. Just as in the learning style preference assessment, you will be selecting the choice that is most natural and comfortable for you. If you are absolutely sure that both answers equally describe you, then select both. Make sure you do not choose both to take the easy way out and rush through the assessment. If you have to choose both answers, do it because you have given it full consideration and are certain that both describe you equally well.

## The Brain Hemispheric Preference Assessment

1. Close your eyes. See red. What do you see?
  - a. The letters r-e-d or nothing because you could not visualize it.
  - b. The color red or red object
2. Close your eyes. See three. What do you see?
  - a. the letters *t-h-r-e-e*, or the number 3, or perhaps nothing because you could not visualize it
  - b. three animals, people, or objects
3. If you play music or sing:
  - a. you cannot play by ear and must read notes.
  - b. you can play by ear if you need to.
4. When you put something together:
  - a. you need to read and follow written directions.
  - b. you can use pictures and diagrams or just jump in and do it without using directions.
5. When someone is talking to you:
  - a. you pay more attention to words and tune out their non- verbal communication.
  - b. you pay more attention to nonverbal communication, such as facial expressions, body language, and tones of voice.
6. You are better at:
  - a. working with letters, numbers, and words.
  - b. working with color, shapes, pictures, and objects.
7. When you read fiction, do you:
  - a. hear the words being read aloud in your head?
  - b. see the book played as a movie in your head?
8. Which hand do you write with?
  - a. right hand
  - b. left hand
9. When doing a math problem, which way is easiest for you?
  - a. to work it out in the form of numbers and words
  - b. to draw it out, work it out using hands-on materials, or use your fingers
10. Do you prefer to:

- a. talk about your ideas?
  - b. do something with real objects
11. How do you keep your room or your desk?
- a. neat and organized
  - b. messy or disorganized to others, but you know where everything is
12. If no one is telling you what to do, which is more like you?
- a. You do things on a schedule and stick to it.
  - b. You do things at the last minute or in your own time, and/or want to keep working even when time is up.
13. If no one were telling you what to do:
- a. you would usually be on time.
  - b. you would often be late.
14. You like to read a book or magazine:
- a. from front to back.
  - b. from back to front or by skipping around.
15. Which describes you best?
- a. You like to tell and hear about events with all the details told in order.
  - b. You like to tell the main point of an event, and when others are telling you about an event you get restless if they do not get to the main idea quickly.
16. When you do a puzzle or project, do you:
- a. do it well without seeing the finished product first?
  - b. need to see the finished product before you can do it?
17. Which method of organizing notes do you like best:
- a. outlining or listing things in order
  - b. making a mind map, or web, with connected circles
18. When you are given instructions to make something, if given the choice, would you:
- a. prefer to follow the instructions?
  - b. prefer to think of new ways to do it and try it a different way?
19. When you sit at a desk, do you:
- a. sit up straight?
  - b. slouch or lean over your desk, lean back in your chair to be comfortable, or stay partly out of the seat?
20. Which describes you best?
- a. You spell words and write numbers correctly most of the time.
  - b. You sometimes mix up letters or numbers or write some words, letters, or numbers in reverse order or backward.

21. Which is more like you?
- a. You speak words correctly and in the right order.
  - b. You sometimes mix up words in a sentence or say a different one than what you mean, but you know what you mean.
22. You usually:
- a. stick to a topic when talking to people.
  - b. change the topic to something else you thought of related to it.
23. You like to:
- a. make plans and stick to them.
  - b. decide things at the last minute, go with the flow, or do what you feel like at the moment.
24. You like to do:
- a. art projects in which you follow directions or step-by-step instructions.
  - b. art projects that give you freedom to create what you want.
25. You like:
- a. to play music or sing based on written music or what you learned from others.
  - b. create your own music, tunes, or songs.
26. You like:
- a. sports that have step-by-step instructions or rules.
  - b. sports that allow you to move freely without rules.
27. You like to:
- a. work step-by-step, in order, until you get to the end product.
  - b. see the whole picture or end product first and then go back and work the steps.
28. Which describes you the best?
- a. You think about facts and events that really happened.
  - b. You think in an imaginative and inventive way about what could happen or what could be created in the future.
29. You know things because:
- a. you learn from the world, other people, or reading.
  - b. you know them intuitively, and you can't explain how or why you know.
30. You like to:
- a. stick to facts.
  - b. imagine what could be.
31. You usually:
- a. keep track of time.
  - b. lose track of time.



32. You are:
- a. good at reading nonverbal communication.
  - b. not good at reading nonverbal communication.
33. You are:
- a. better at directions given verbally or in writing.
  - b. better at directions given with pictures or maps
34. You are better at:
- a. being creative with existing materials and putting them together in a new way.
  - b. inventing or producing what is new and never existed.
35. You usually work on:
- a. one project at a time, in order.
  - b. many projects at the same time.
36. In which of the following environments would you prefer to work?
- a. a structured environment where everything is orderly, someone is telling you what to do, a time schedule is kept, and you do one project at a time, step-by-step, and in order.
  - b. an unstructured environment where you have freedom of choice and movement to work on what you want, where you can be as creative and imaginative as you want, keep your belongings any way you want, and do as many projects as you wish simultaneously, without any set time schedule.
- 

### Scoring Instructions:

Score 1 point for each question you answered with only a & write the total: \_\_\_\_\_

Score 1 point for each question you answered with only b and write the total: \_\_\_\_\_

Score 1 point for each question you answered both a & b (tied score) and write the total: \_\_\_\_\_

If your highest score is in category a. you show a preference for using the left hemisphere of the brain.

If your highest score is in category b. you show a preference for using the right hemisphere of the brain.

If your highest score is in the "tied" category you show an integrated use of both sides of the brain.

If you had almost the same number of checks for a & b (not including the tied column). then you may have a mixed preference and are using each side of the brain for different functions. If there are one or two more checks in either side a or b. then you have a mixed preference favoring the right hemisphere or a mixed preference favoring the left.

Write your preferred brain hemispheric preference here: \_\_\_\_\_

(Choices are: left, right, integrated (tied), mixed preference, mixed preference favoring the right hemisphere, mixed preference favoring the left hemisphere.)