

Learning Style Strengths
A Student Profile

Place a mark on each line closest to the answer that best describes you when learning or studying.

Part One: What Helps Me Concentrate?

- | | | | |
|----|---|--|---|
| 1. | I'm at my best
early in the morning | | I'm at my best
late at night |
| 2. | I need to eat
or drink when I study | | I don't need to eat
or drink when I study |
| 3. | I need background
noise or music when I study | | I need it to be quiet
when I study |
| 4. | I don't like working at a
desk or table when I study | | I like working at a desk
or table when I study |
| 5. | I like soft light | | I like bright light
when I study |
| 6. | I need the room to
be cool when I study | | I need the room to
be warm when I study |

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7.

I like to do one thing
at a time when I study

I like doing several
things at once

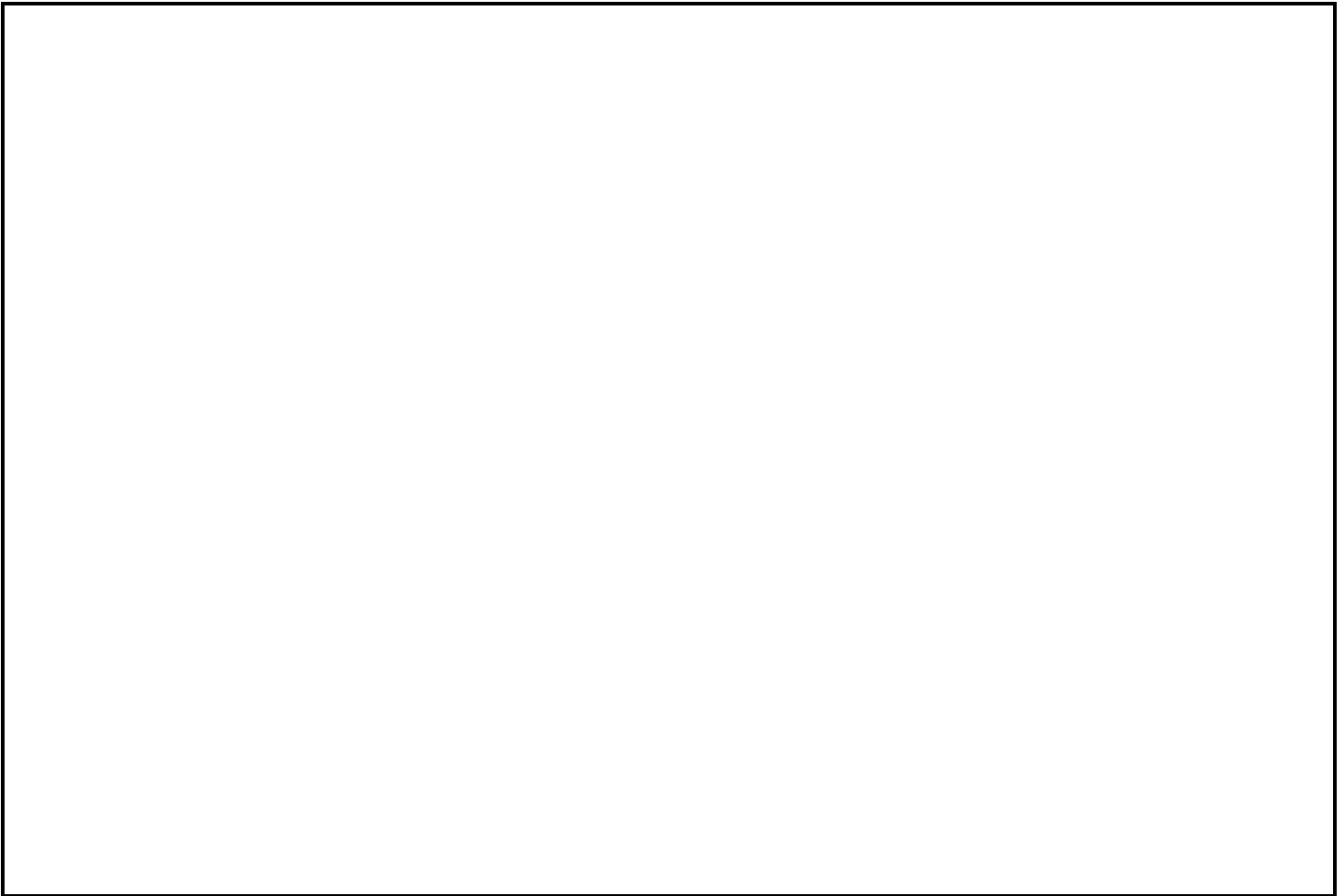
8.

I'd rather do my work alone
than have others around me

I'd rather do my work with
others than do it alone

Part Two: What Is My Ideal Study Spot?

In the space below, draw a picture of what your ideal study spot would look like at home. Include as many details as possible—whether you will eat or drink, how much light there will be, what time of day it will be, who else might be there with you, etc.



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Part Three: What Helps Me Remember?

1. _____
I need to talk about what I learn
I need to think about what I learn
2. _____
I'd rather read out loud than silently
I'd rather read silently than out loud
3. _____
I often make noises when I'm concentrating
I almost never make noise while I'm concentrating
4. _____
In class, I listen better if I look at the teacher
In class, I listen better if I don't look at the teacher
5. _____
I often doodle or draw while I'm listening or learning
I don't usually doodle or draw while listening or learning
6. _____
I usually form a picture in my mind while learning
I have trouble picturing things in my mind while learning
7. _____
Moving around a lot helps me pay attention
I need to sit still if I'm really going to concentrate
8. _____
I find my self moving even when I don't know it.
I don't have much trouble sitting still for a long time
9. _____
I'd rather just do something than sit around talking about it
I'd rather think about something before I do it

Part Four: How Does My Mind Work?

1.

I like to know the details before
I do my assignments

I just want to start and figure
out the details as I go

2.

I'd rather ask the teacher to
help me than my classmates

I'd rather ask my classmates to
help me than my teacher

3.

I like reading the directions
on my own

I like having someone tell me
what the directions say

4.

I'd rather read real-life stories
or "how-to" books

I'd rather read books about
make-believe people & places

5.

I usually remember details
when I read or learn

I usually remember the main
idea of what I read or learn

6..

I like to compete on my own

I like to compete on a team

7.

I like to work slow

I like to work fast

8..

I'd rather work on a specific
assignment than a group project

I'd rather work on a group
project than a specific task

9.

Grades are more important to me
than what I learn

What I learn is more important
to me than the grades I earn

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