

SELF-ASSESSMENT OF MODALITY STRENGTHS

Read each question or statement and circle the most appropriate answer. Some will be difficult to answer, but try to respond according to how you would react most often.

1. You usually remember more from a class lecture when:
 - a. you do not take notes but listen very closely
 - b. you sit near the front of the room and watch the speaker
 - c. you take notes (whether or not you look at them again)

2. You usually solve problems by:
 - a. talking to yourself or a friend
 - b. using an organized, systematic approach with lists, schedules, etc.
 - c. walking, pacing, or some other physical activity

3. You remember phone numbers (when you can't write them down) by:
 - a. repeating the numbers orally
 - b. "seeing" or "visualizing" the numbers in your mind
 - c. "writing" the numbers with your finger on a table or wall

4. You find it easiest to learn something new by:
 - a. listening to someone explain how to do it
 - b. watching a demonstration of how to do it
 - c. trying it yourself

5. You remember most clearly from a movie:
 - a. what the characters said, background noises, and music
 - b. the setting, scenery, and costumes
 - c. the feelings you experienced during the movie

6. When you go to the grocery store, you:
 - a. silently or orally repeat the grocery list
 - b. walk up and down the aisles to see what you need
 - c. usually remember what you need from the list you left at home



SELF-ASSESSMENT OF MODALITY STRENGTHS (continued)

7. You are trying to remember something, so you:
- hear in your mind what was said or the noises that occurred
 - try to see it happen in your mind
 - feel the way "it" affected your emotions
8. You learn a foreign language best by:
- listening to records or tapes
 - writing and using workbooks
 - attending a class in which you read and write the language
9. You are confused about the correct spelling of a word, so you:
- sound it out
 - try to "see" the word in your mind
 - write the word several different ways and choose the one that looks right
10. You enjoy reading most when you can read:
- dialogue between characters
 - descriptive passages that allow you to create mental pictures
 - stories with a lot of action in the beginning (because you have a hard time sitting still)
11. You usually remember people you have met by their:
- names (you forget faces)
 - faces (you forget names)
 - mannerisms, motions, etc.
12. You are distracted most by:
- noises
 - people
 - environment (temperature, comfort of furniture, etc.)



13. You usually dress:

- a. fairly well (but clothes are not very important to you)
- b. neatly (in a particular style)
- c. comfortably (so you can move easily)

14. You can't do anything physical and you can't read, so you choose to:

- a. talk with a friend
- b. watch TV or look out a window
- c. move slightly in your chair or bed

Scoring Table

1. Count the total number of responses for each letter and write them below.

- a. _____ auditory (learn best by hearing)
- b. _____ visual (learn best by seeing)
- c. _____ kinesthetic (learn best by touching, doing, moving)

2. Notice if one modality is significantly higher or lower, or if any two modalities are close in number (two point difference).

3. Were the results as you expected them to be? Is that the way you see yourself? How do you see others?

