

## LEARNING STYLES – Modality Preference Inventory

Read the statements below and select the appropriate response as it applies to you.

OFTEN (3)

SOMETIMES (2)

SELDOM/NEVER (1)

### VISUAL MODALITY

- I remember information better if I write it down.
- Looking at the person helps keep me focused.
- I need a quiet place to get my work done.
- When I take a test, I can see the textbook page in my head.
- I need to write down directions, not just take them verbally.
- Music or background noise distracts my attention from the task at hand.
- I don't always get the meaning of a joke.
- I doodle and draw pictures on the margins of my paper.
- I react very strongly to colors.
- TOTAL

### AUDITORY MODALITY

- My papers and notebooks always seem messy.
- When I read, I need to use my index finger to track my place on the line.
- I do not follow written directions well.
- If I hear something, I will remember it
- Writing for me has always been difficult.
- I often misread words from the text (i.e., "them" for "then")
- I would rather listen and learn than read and learn.
- I'm not very good at interpreting an individual's body language.
- Pages with small print or poor quality copies are difficult for me to read.
- My eyes tire quickly, even though my vision check-up is always fine.
- TOTAL

### KINESTHETIC/TACTILE MODALITY

- I start a project before reading the directions.
- I hate to sit at a desk for long periods of time.
- I prefer first to see something done and then to do it myself.
- I use the trial and error approach to problem solving.
- I like to read my book while riding an exercise bike.
- I take frequent study breaks.
- I have a difficult time giving step-by-step directions.
- I enjoy sports and do well at several different types of sports.
- I use my hands when describing things.
- I have to rewrite or type my class notes to reinforce the material.
- TOTAL

Total the score for each section. A score of 21 points or more in a modality indicates a strength in that area. The highest of the 3 scores indicates the most efficient method of information intake. The second highest score indicates the modality, which boosts the primary strength. For example, a score of 23 in the visual modality indicates a strong visual learner. Such a learner benefits from the text, charts, graphs, etc. If the second highest score is auditory, then the individual would benefit from audio tapes, lectures, etc. If you are strong kinesthetically, then taking notes and rewriting class notes will reinforce information.