SENSORY PREFERENCES

Number each statement with a number as it seems to fit you as a learner:

<table>
<thead>
<tr>
<th>3 = often applies</th>
<th>2 = sometimes applies</th>
<th>1 = never applies</th>
</tr>
</thead>
</table>
Preferred Channel: VISUAL
1. I enjoy doodling and even my notes have lots of pictures, arrows, etc. in them.
2. I remember something better if I write it down.
3. I get lost or am late if someone TELLS me how to get to a new place and I didn't write down the directions.
4. When trying to remember someone's telephone number, or something new like that, it helps me to get a picture of it in my head.
5. If I am taking a test, I can "see" the textbook page and where the answer is.
6. It helps me to LOOK at the person when listening. It keeps me focused.
7. I had speech therapy.
8. It's hard for me to understand what a person is saying when there are people talking or music playing.
9. It’s hard for me to understand a joke when someone tells me.
10. It is better for me to get work done in a quiet place.

VISUAL total ______

Preferred Channel: AUDITORY
1. My written work doesn't look neat to me. My papers have crossed-out words and erasures.
2. It helps to use my finger as a pointer when reading to keep my place.
3. Papers with very small print or blotchy ditto or poor copies are tough on me.
4. I understand how to do something if someone tells me rather than having to read the same thing to myself.
5. I remember things that I hear, rather than things that I see or read.
6. Writing is tiring. I press down too hard with my pen or pencil.
7. My eyes get tired fast, even though the eye doctor says my eyes are O.K.
8. When I read, I mix up words that look alike, such as "them" and "then," and "bad" and "dad".
9. It's hard for me to read other people's handwriting.
10. If I had the choice to learn new information via a lecture or a textbook, I would choose to hear it rather than read it.

AUDITORY total ______

Preferred Channel: HAPTIC (= DOING)
1. I don't like to read directions; I'd rather just start doing.
2. I learn best when I am shown how to do something and I have the opportunity to do it.
3. Studying at a desk is not for me.
5. Before I follow directions, it helps me to see someone else do it first.
6. I find myself needing frequent breaks while studying.
7. I am not skilled in giving verbal explanations or directions.
8. I do not become easily lost, even in strange surroundings.
9. I think better when I have the freedom to move around.
10. When I can't think of a specific word, I'll use my hands a lot and call something a "what-cha-ma-call-it" or a "thing-a-ma-jig."

HAPTIC total ______