

# Learning Styles

## Student Self Assessment

Name: \_\_\_\_\_

Period: \_\_\_\_\_ Date: \_\_\_\_\_

Circle all the items on this page that describe you and total the number of items circled in each column at the bottom.

1. I like to read	2. Math & Science are some of my favorite subjects in school	3. I enjoy using a camera or camcorder	4. I am good at playing active games or sports	5. I play a musical instrument	6. I enjoy group games	7. I have set some important goals for my life
8. I like to write	9. I want to know why	10. I like to draw and doodle	11. I like to dance	12. I like to sing	13. I enjoy helping others	14. I enjoy writing in a journal
15. I enjoy doing crossword puzzles and word games	16. I like solving riddles and brain teasers	17. I like to solve mazes and jigsaw puzzles	18. I often talk with my hands	19. I like to tap out the beat while listening to music	20. I have many friends	21. I like to work alone
22. I like to tell stories and jokes	23. I like finding number patterns	24. I easily see color and shape patterns	25. I move around a lot when doing work projects	26. I enjoy creating music	27. I like working with others on projects	28. I like to spend time alone thinking
29. I have a large vocabulary	30. I believe there is a logical explanation for almost everything	31. I am good at using or drawing maps	32. I like using objects to learn	33. I often have a musical tune running through my mind	34. I like meeting new people	35. I think carefully before making decisions
36. I choose words with care	37. I am good at working with numbers	38. I often remember scenes from my dreams	39. I like to do work with my hands	40. I have a good sense of pitch and rhythm	41. I care about how others feel	42. I understand my strengths and weaknesses
43. I am good at public speaking	44. I enjoy doing scientific experiments	45. I understand how to use colors to create a mood	46. I like to spend my free time outdoors	47. I like many kinds of music	48. People often ask me for advice	49. I enjoy learning about myself
<b>Verbal/Linguistic</b>	<b>Mathematical</b>	<b>Visual / Spatial</b>	<b>Body/Kinesthetic</b>	<b>Music / Rhythmic</b>	<b>Interpersonal</b>	<b>Intrapersonal</b>