

NAME _____

How Do You Learn Best?

Circle all that apply.

Location:

Sitting at my desk lying down in my room standing outside
on the sofa walking around sitting still jumping bouncing
near a window at a table near a bookshelf sitting on a exercise ball

Interaction:

alone with people working alone but near others so I can talk to them

I remember best:

if I hear it if I see it if I read it if I see pictures of it

Sound:

quiet with noise with headphones/music with the stereo on

Color:

red orange yellow green blue violet brown

Light:

lights on natural sunshine darker, not bright light

Temperature:

warm cooler just right hot feet cooler feet

Mouth:

I like to chew on something (gum, fingernails, pencil, sunflower seeds)

I like to suck on things (hard candy, eraser tops, hair)

I don't need to chew or suck on anything

Time:

morning afternoon evening

Breaks:

frequent breaks few breaks pet the cat jump rope stare out the window snack go outside

Books:

I like to read on my own I like to be read to I understand better if I read it out loud
I like books on CD I like to see the words and hear them read

Format:

text only color black & white I like school books with lots of pictures

I like to write with:

wooden pencil mechanical pencil pen

Touch:

I like frequent touch/hugs I would rather not be touched so much
I prefer words of encouragement I like to sit close to mom on the sofa I like when mom is near

I would like by my work area:

a doodle pad a little white board thinking putty beeswax a stress ball

Favorite subjects:

math spelling time-lines history geography science art music
grammar poetry Latin French handwriting

I like:

logic puzzles jokes maps charts jigsaw puzzles singing
piano violin dance acting sports with a ball
reading thinking crosswords wordsearch making models of things
to take things apart and fix them drawing diagrams watch a DVD about it

To really help me remember I would rather:

do experiments research a topic and write a report perform a play (history, literature)
write music make flashcards (math, Latin, geography, history)
walk or jump around reciting it (poem or math or geography facts)

Draw a picture of your ideal learning environment.