



Your Name: \_\_\_\_\_ Brylee Behrens \_\_\_\_\_

**Put a check in the column that best describes you.**

	Mostly True	Sometimes True	Not True
I care about doing well in school.	*		
I try my best in school each day.	*		
I do my homework.	*		
I understand things that I have read.	*		
I have the things I need for class.	*		
I get along well with my teachers.	*		
I take good notes in class.	*		
I am good at taking tests.		*	
I ask and answer questions in class.		*	
I am happy with my grades.		*	

Give yourself 2 points for every check in the "Mostly True" column	_____	Points
Give yourself 1 point for every check in the "Sometimes True" column	_____	Points
Give yourself 0 points for every check in the "Not True" column	16	Points
		<b>Total 16</b>

**If you scored 15--20:** You are a very good student. Keep up the good work!

**If you scored 10--14:** You are doing pretty well. Keep looking for ways to do even better.

**If you scored 5--9:** You are doing OK but could be doing better. Ask your teachers or counselor about ways you can improve your study habits and your grades.

**If you scored 0--4:** You may be struggling in school, but you can get help. Ask your teachers or counselor about how you can do better in school.

***Good Study Habits → Good Grades → Good Career Options → Good Life!***

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# What's Your Learning Style? The Results

## [Printer Friendly Version](#)

### Your Scores:

- Auditory: 35%
- Visual: 40%
- Tactile: 25%

You are a **Visual** learner! Check out the information below, or [view all of the learning styles](#).

## Visual

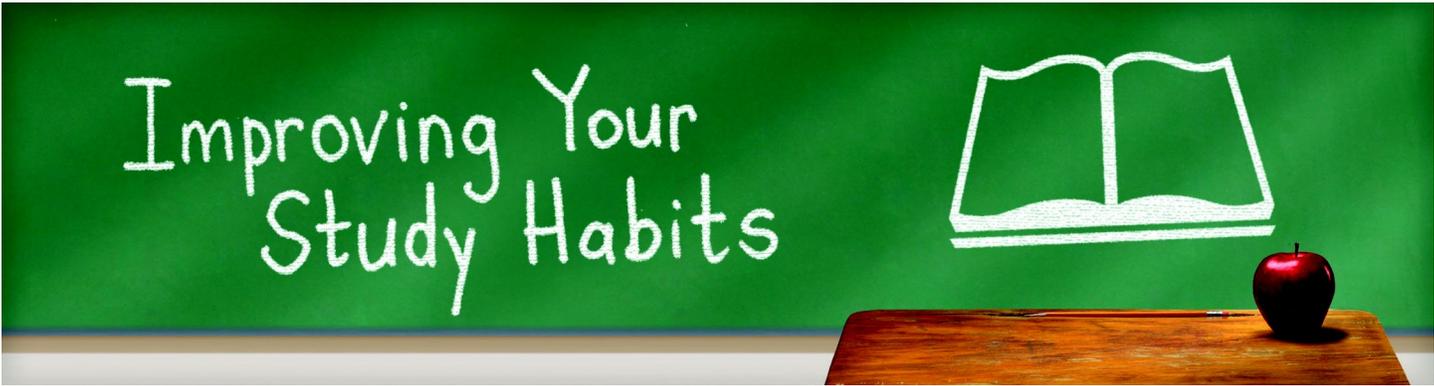
If you are a visual learner, you learn by reading or seeing pictures. You understand and remember things by sight. You can picture what you are learning in your head, and you learn best by using methods that are primarily visual. You like to see what you are learning.

As a visual learner, you are usually neat and clean. You often close your eyes to visualize or remember something, and you will find something to watch if you become bored. You may have difficulty with spoken directions and may be easily distracted by sounds. You are attracted to color and to spoken language (like stories) that is rich in imagery.

Here are some things that visual learners like you can do to learn better:

- Sit near the front of the classroom. (It won't mean you're the teacher's pet!)
- Have your eyesight checked on a regular basis.
- Use flashcards to learn new words.
- Try to visualize things that you hear or things that are read to you.
- Write down key words, ideas, or instructions.
- Draw pictures to help explain new concepts and then explain the pictures.
- Color code things.
- Avoid distractions during study times.

Remember that you need to **see** things, not just hear things, to learn well.



Your Name: \_\_\_\_\_ Brylee Behrens \_\_\_\_\_

**Choose the answer that best describes you.**

Study Habit	Already Do	Plan to Do	Not Interested
Study every day.	*		
Create a quiet place at home to study.	*		
Turn off the phone, TV, and other distractions when studying.	*		
Play quiet background music.			*
Study in a way that suits your learning style.	*		
Take short but frequent breaks, like 5 minutes every half hour.		*	
Study early (don't wait until the last minute).	*		
Study the hardest things first and then move on to easier ones.		*	
Spend the most time on things that are hardest.		*	
Ask for help if you are struggling with something.	*		
Take notes as you study, using your own words to simplify complex ideas.	*		
Keep your notes in a notebook or folder.	*		
Review your notes on a regular basis.		*	
Make connections between what you are studying and what you know.	*		
Take practice tests, so you don't panic when it's time for the real test.		*	
Use a planner or agenda to keep track of your study progress.		*	
Reward yourself after a good study session.			*
Quiz yourself about what you just studied.	*		
<b>Total</b>			

Developing good study habits can be a challenge, especially if you already have a busy life. But don't dismiss the importance of studying.

Want to aim for the best study habits possible? The ultimate goal would be for all of your responses to appear in the "Already Do" column.

So take a look at your “Plan to Do” column and give one or two of the items listed a try. By improving just one or two additional study habits, you may soon see a jump in your test scores. And that’s what developing good study habits is all about!

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**I am or want to be:**

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- Assertive/A Leader
  - Diligent
  - Motivated
  - Caring/Compassionate
  - Disciplined
  - Observant
  - Communicative
  - Enthusiastic
  - Optimistic
  - Community Focused
  - Fair/Impartial
  - Patient
  - Confident
  - Focused
  - Resourceful
  - Cooperative/A Team Player
  - Generous
  - Respectful
  - Courageous
  - Honest
  - Responsible
  - Courteous/Polite
  - Humble
  - Sincere
  - Creative
  - Kind/Considerate
  - Tolerant
  - Dependable/Reliable
  - Loyal
  - Trustworthy
-

All of the above

### **Personal Academic Paragraph**

Some of my stronger areas concerning my academic habits include taking strong notes during class time. Kim mentioned in class today the importance of taking strong notes. She expressed how writing the material down will help you remember the content. This is an important skill for all students. In addition, I will always do my best in school. Giving your all can be a game-changer, not only academically but in life. Some weaker areas concerning my academic habits include studying last minute and speaking up in class. I have always been a last-minute studier; however, I'm beginning to realize there is a lot of information and I will get behind. Also, I need to improve on speaking during class time. My entire life I've been quieter and more reserved than most. If I don't speak to my professors, it is not because I dislike them or the content; it is simply just my personality.