



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

Put a check in the column that best describes you.

- I care about doing well in school. Mostly True
- I try my best in school each day. Mostly True
- I do my homework. Mostly True
- I understand things that I have read. Sometimes true

I have the things I need for class Mostly True

- I get along well with my teachers. Mostly True
- I take good notes in class. Sometimes True
- I am good at taking tests. Sometimes true
- I ask and answer questions in class. I am happy with my grades. Sometimes true

Mostly True	Sometimes True	Not True
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Give yourself 2 points for every check in the "Mostly True" column Give yourself 1 point for every check in the "Sometimes True" column Give yourself 0 points for every check in the "Not True" column

Points Points Points

**Total 15**



**If you scored 15--20: If you scored 10--14: If you scored 5--9:**

**If you scored 0--4:**

You are a very good student. Keep up the good work!  
You are doing pretty well. Keep looking for ways to do even better.

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.

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: 30%
- Visual: 45%
- 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.

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### **Caring/Compassionate**

If you are caring/compassionate, you are concerned about people and the world, and you want to help.

### Questions to Think About

- Do I care about strangers as much as I do my family and friends?
- How do I react to the people in my life who want me to do well?
- In what situations have I shown compassion?

### Ways to Become Caring/Compassionate

- Help people in need.
- Treat people kindly.
- Be sensitive to other people's feelings.

### Example Careers for Someone Caring/Compassionate

- Counselor
- Elder care provider
- Nurse

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## **Communicative**

If you are communicative, you find it easy to talk to and listen to others.

### Questions to Think About

- What are some of the ways people share information with me?
- What are some of the ways I share information with others?
- How will improving my communication skills help me get ahead?

### Ways to Become Communicative

- Make eye contact.
- Be aware of your body language when talking to others.
- Realize that listening is as important as speaking.

### Example Careers for Someone Communicative

- Journalist
- Public relations specialist
- Teacher

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## **Confident**

If you are confident, you have belief in yourself and your abilities.

### Questions to Think About

- In what areas of my life am I very confident?
- Are there any areas of my life where I lack confidence?
- How can I feel more confident in myself?

## Ways to Become Confident

- Make a list of special skills or talents you have.
- Dismiss any self-doubt.
- Speak up for yourself.

## Example Careers for Someone Confident

- Lawyer
- Salesperson
- Sports agent

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## Cooperative/A Team Player

If you are cooperative/a team player, you have the ability and a willingness to work with others to achieve a common goal.

## Questions to Think About

- What are some ways I have cooperated with my teachers?
- Are there ways I can cooperate more with my parents?
- How can I improve my ability to cooperate?

## Ways to Become Cooperative/A Team Player

- Have an open mind when opinions differ from yours.
- Focus on ideas rather than on personalities.
- Keep your eye on the goal, regardless of the path the team takes to get there.

## Example Careers for Someone Cooperative/A Team Player

- International relations expert
- Government official
- Mediator

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## Courageous

If you are courageous, you are able to face and overcome your fears.

## Questions to Think About

- Why is it important I have courage when facing new challenges?
- Have I ever had to be courageous?
- How can courage help me achieve my goals?

## Ways to Become Courageous

- Tell the truth.
- Try to do something you have never done before (such as a new sport).
- Stand up for something that you believe is right.

## Example Careers for Someone Courageous

- Firefighter
- Pilot
- Police officer

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## Courteous/Polite

If you are courteous, you show respect and consideration for others.

### Questions to Think About

- Who around me treats me with courtesy?
- In what ways am I courteous?
- In what ways can I be more courteous?

### Ways to Become Courteous/Polite

- Show the same respect to friends and family that you show to strangers and the elderly.
- Try handwriting a good old-fashioned thank you note.
- Listen to people when they are speaking.

## Example Careers for Someone Courteous/Polite

- Customer service provider
- Hotel manager
- Waiter/waitress

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## Creative

If you are creative, you like coming up with new ideas and new ways to do things.

### Questions to Think About

- Do I know any creative people? Who?
- In what areas of my life am I most creative?
- Is there anything I do daily that I can try doing in a different way?

### Ways to Become Creative

- Try to think of more than one solution to a problem.
- Dedicate a set amount of time each day for creative endeavors.
- Try something new and don't focus on the end result.

## Example Careers for Someone Creative

- Architect
- Designer
- Photographer

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## **Dependable/Reliable**

If you are dependable/reliable, people can count on you.

### Questions to Think About

- Do I follow through on my promises?
- How does it make others feel when I do what I say I am going to do?
- Have I ever let anyone down? How?

### Ways to Become Dependable/Reliable

- Be punctual.
- Plan ahead so you are always prepared.
- When you give your word that you will do something, do it.

### Example Careers for Someone Dependable/Reliable

- Emergency dispatcher
- Financial adviser
- Weatherman

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## **Disciplined**

If you are disciplined, you have self-control of your actions.

### Questions to Think About

- Is practicing discipline difficult or easy for me?
- Should I make more of an effort to be disciplined?
- Do others think I am disciplined?

### Ways to Become Disciplined

- Do the hardest step first.
- Document your actions to identify your strengths and weaknesses.
- Be patient. Good things come to those who wait.

### Example Careers for Someone Disciplined

- Freelancer
- Musician
- Real estate agent

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## **Fair/Impartial**

If you are fair/impartial, you are able to look at a situation without taking sides.

### Questions to Think About

- In what situations is it important I remain fair?

- Do I find it difficult to be fair?
- How will remaining fair help me in life?

### Ways to Become Fair/Impartial

- Look at the whole picture, not just one aspect of it.
- Do your best to separate feelings and facts.
- If you have a personal stake in the outcome, don't get involved.

### Example Careers for Someone Fair/Impartial

- Judge
- Medical examiner
- Reporter

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### Focused

If you are focused, you are able to pay attention and avoid distractions.

### Questions to Think About

- Is it easy or hard for me to focus on the task at hand?
- What kind of things cause me to lose focus?
- How will being focused help me in life?

### Ways to Become Focused

- Plan ahead, so you know what you need to do and when you need to do it.
- Turn off the distractions when you need to get something done.
- Try meditation.

### Example Careers for Someone Focused

- Editor
- Surgeon
- Web developer

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### Generous

If you are generous, you enjoy giving to others.

### Questions to Think About

- What are some things I am able to give?
- What's the last generous thing I did?
- How have I benefited from the generosity of others?

### Ways to Become Generous

- Think of some ways you can help the people you know and follow through.

- If your life lacks wealth, you can still give time or some other gift from the heart.
- Start small. Being generous can be as simple as giving a smile to someone who needs it.

### Example Careers for Someone Generous

- Estate planner
- Pastor
- Social worker

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## Honest

If you are honest, you tell the truth—every day of your life.

### Questions to Think About

- Am I an honest person?
- Do other people consider me honest?
- Under what circumstances do I lie or distort the truth?

### Ways to Become Honest

- No lying. No cheating. No stealing.
- If your honesty may hurt someone's feelings, be sure to speak with kindness.
- Being honest does not mean you need to bare your soul. It's OK to maintain privacy.

### Example Careers for Someone Honest

- Bank manager
- Child care provider
- District attorney

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## Humble

If you are humble, you are confident but know you have more to learn.

### Questions to Think About

- In what ways can I learn and grow?
- Where do I draw the line between confidence and overconfidence?
- Have I ever been overconfident?

### Ways to Become Humble

- Recognize that everyone has strengths and weaknesses, including you.
- Appreciate how others have contributed to your successes.
- Be objective and don't make comparisons. (Use "good" or "bad," not "better" or "worse.")

### Example Careers for Someone Humble

- Customer service representative

- Personal assistant
- Politician

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## **Kind/Considerate**

If you are kind/considerate, you are nice to those around you.

### Questions to Ask Yourself

- Who are some of the kindest people I know?
- Do I treat others the way I want to be treated?
- How do I get people to treat me with kindness?

### Ways to Become Kind/Considerate

- Being kind is not motivated by self-interest.
- Love people for who they are—both positive and negative.
- Be available. Make time in your life to spend with others.

### Example Careers for Someone Kind/Considerate

- Funeral director
- Tour guide
- Veterinarian

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## **Loyal**

If you are loyal, you will stand by someone or something even when times get tough.

### Questions to Ask Yourself

- Do I value loyalty?
- Of my friends, whom do I consider most loyal?
- Has anyone ever questioned my loyalty?

### Ways to Become Loyal

- Loyalty may sometimes require you to put yourself second.
- Loyalty does not mean you have to compromise your beliefs or principles.
- Appreciate and reward loyalty in others.

### Example Careers for Someone Loyal

- Administrative assistant
- Assistant coach
- Spokesperson

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## **Motivated**

If you are motivated, you take action without being reminded or prompted.

### Questions to Ask Yourself

- What kinds of things motivate me?
- Do I consider motivation a positive character trait?
- In what areas of my life do I have no motivation at all?

### Ways to Become Motivated

- Like the old adage says, "One step leads to another." Just take one step.
- Surround yourself with motivated people.
- Stuck in a rut? Switch up your routine.

### Example Careers for Someone Motivated

- Agent
- Entrepreneur
- Marketing executive

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## Observant

If you are observant, you know what's going on around you.

### Questions to Ask Yourself

- How aware am I of things happening around me?
- Are there certain things that I am more in tune with than others?
- Do I think it's important to be observant?

### Ways to Become Observant

- Start paying attention and taking mental notes.
- Look around you, not just straight ahead.
- Use all five senses—sight, hearing, taste, smell, touch.

### Example Careers for Someone Observant

- Crime scene investigator
- Photographer
- Stockbroker

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## Optimistic

If you are optimistic, you have a positive outlook and think things will turn out well.

### Questions to Ask Yourself

- Do people turn to me when they are down?
- Do I see the glass as half full or half empty?

- Why is it good for me to be optimistic?

### Ways to Become Optimistic

- Hang out with optimistic people.
- Believe in your abilities.
- Don't "catastrophize" problems that are not catastrophes.

### Example Careers for Someone Optimistic

- Advertising executive
- Archeologist
- Nutritionist

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## Patient

If you are patient, you are able to wait without whining or complaining.

### Questions to Ask Yourself

- Do I know more people who are patient or more who are impatient?
- Do I find it difficult to be patient?
- How do I show when I'm impatient?

### Ways to Become Patient

- Practice. Patience actually takes a long time to develop.
- Take a moment and breathe.
- Stay focused on the goal.

### Example Careers for Someone Patient

- Electrician
- Landscaper
- Truck driver

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## Responsible

If you are responsible, you take control of your actions and your obligations.

### Questions to Ask Yourself

- Do I accept responsibility for my actions?
- In what ways do I need to be more responsible?
- Do I think it's ever OK to point the finger at others?

### Ways to Become Responsible

- Don't make excuses. Take ownership.
- Don't agree to do more than you think you can handle.

- Be punctual and have follow-through.

### Example Careers for Someone Responsible

- Accountant
- Data security officer
- Paramedic

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### Trustworthy

If you are trustworthy, others know they can confide in you.

### Questions to Ask Yourself

- Who is the most trustworthy person in my life?
- In what ways do I show I am trustworthy?
- How will being trustworthy help me succeed?

### Ways to Become Trustworthy

- Don't gossip.
- Don't over-promise on your skills or capabilities.
- Remember, once you lose trust, it is very difficult to regain.

### Example Careers for Someone Trustworthy

- Accountant
- Health care provider
- Pastor

Study every day. **Plan to do**  
Create a quiet place at home to study. **Already do**  
Turn off the phone, TV, and other distractions when studying. **Plan to do**  
Play quiet background music. **Not interested**  
Study in a way that suits your learning style. **Already do**  
Take short but frequent breaks, like 5 minutes every half hour. **Already do**  
Study early (don't wait until the last minute). **Already do**  
Study the hardest things first and then move on to easier ones. **Already do**  
Spend the most time on things that are hardest. **Already do**  
Ask for help if you are struggling with something. **Sometimes do**  
Take notes as you study, using your own words to simplify complex ideas. **Already do**

Keep your notes in a notebook or folder. **Already do**  
Review your notes on a regular basis. **Already do**  
Make connections between what you are studying and what you know. **Already do**

Take practice tests, so you don't panic when it's time for the real test. **Already do**  
Use a planner or agenda to keep track of your study progress. **Already do**  
Reward yourself after a good study session. **Already do**  
Quiz yourself about what you just studied. **Already do**

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.

When looking back after taking the quizzes I now realize that I am a better learner when I am visually seeing it being done; furthermore, it makes it easier for me to learn the material when watching it being performed. I do believe that I have very strong study habits, yet I do need to work on really focusing on the readings that I am doing because I believe that if I focus more while I am reading the text, I will understand it more. I also need to really work on asking questions in class because sometimes I am worried that I will be the only one questioning that subject, and by the end of class I still do not know what it is. I am very good at staying on top of my schoolwork and making sure that it is my number one priority; furthermore, I do take a lot of time to study that material although I do think that I could improve this as well. I am very good about trying to make connections with things that I have already learned, and I also do try to review things regularly.