

Learning Modalities: Finding Your Perceptual Strength

Complete each sentence by marking the one letter on the right of the statement that is most typical of you. Then count the number of checks in each column. This will give you a rough idea of the relative strength of each of your perceptual strengths.

- | | A | B | C |
|---|-------|-------|-------|
| 1) My emotions can often be interpreted from my | | | |
| a. facial expressions | _____ | _____ | _____ |
| b. voice quality | | | |
| c. body language | | | |
| 2) I keep up with current events by | | | |
| a. reading the newspaper (online or hard copy) when I have time | _____ | _____ | _____ |
| b. listening to the radio or TV news | | | |
| c. quickly reading the paper or spending just a few minutes watching TV news. | | | |
| 3) If I have business to conduct with another person, I prefer | | | |
| a. face to face meetings, writing emails, letters, social media | _____ | _____ | _____ |
| b. the telephone | | | |
| c. conversing while walking, jogging or doing something physical | | | |
| 4) When I am angry I usually | | | |
| a. clam up and give others the silent treatment | _____ | _____ | _____ |
| b. am quick to let others know why I'm angry | | | |
| c. clench my fists or demonstrate my anger as I leave the room. | | | |
| 5) When I am driving | | | |
| a. I frequently check the rearview mirror and watch the road carefully | _____ | _____ | _____ |
| b. I turn on the radio or plug in my ear phones as soon as I enter the car | | | |
| c. I can't get comfortable in the seat and continually shift my position. | | | |
| 6) I consider myself | | | |
| a. a neat dresser | _____ | _____ | _____ |
| b. a sensible dresser | | | |
| c. a comfortable dresser. | | | |
| 7) At a meeting | | | |
| a. I come prepared with notes and displays | _____ | _____ | _____ |
| b. I enjoy discussing issues | | | |
| c. I would rather be somewhere else. | | | |

