

Learning Style Identification Quiz

Using the scale below, give each statement a number that best represents your response.

**1 -- Not at all like me 2 -- A little like me 3 -- Somewhat like me
4 -- A lot like me 5 -- Definitely me**

Add the total for each category and then identify your top four intelligences.

Remember, you have many strengths and abilities encompassing all the Multiple Intelligences. This quiz will help you identify your strongest areas.

VERBAL/LINGUISTIC

I like puns and other wordplay.

I feel comfortable and get positive reinforcement when dealing with language and words.

I enjoy completing crosswords and other word games like Scrabble™.

I remember things exactly as they are said to me.

I like to take part in debates and/or discussions.

I prefer writing long- and short-answer responses rather than multiple-choice responses.

I enjoy keeping a written journal, and/or writing stories and articles.

I like to read a lot.

LOGICAL/MATHEMATICAL

I work best in an organized work area.

I enjoy math and/or science.

I keep a "things to do" list.

I enjoy playing brainteasers and games that involve logical thinking, such as Jeopardy™ and Clue™.

I like to ask "why" questions and seek clarification of issues and concerns.

I work best when I have a day planner or timetable.

I quickly grasp cause and effect relationships.

I am good at estimating.

VISUAL/SPATIAL

- I understand color combinations and what colors work well together.
- I enjoy solving jigsaw, maze and/or other visual puzzles.
- I read charts and maps easily.
- I have a good sense of direction.
- I like to watch the scenes and activities in movies.
- I have vivid dreams when sleeping.
- I can anticipate the moves and consequences in a game plan (i.e., hockey sense, chess sense).
- I remember things best by seeing them.

INTERPERSONAL

- I work best through interaction with people.
- I enjoy team sports rather than individual sports.
- Being around people energizes me.
- I prefer group activities rather than ones I do alone.
- I enjoy learning about different cultures.
- I usually talk over my personal problems with a friend.
- I enjoy sharing my ideas and feelings with others.
- I work best in a co-operative group where I can discuss issues with others.

INTRAPERSONAL

- I am a private person and I like my private inner world.
- I have a few close friends.
- I have strong opinions about controversial issues.
- I work best when the activity is self-paced.
- I am not easily influenced by other people.
- I have a good understanding of my feelings and how I will react to situations.
- I often raise questions concerning values and beliefs.
- I understand that I am responsible for my own behavior.

BODILY/KINESTHETIC

___ I like to move, tap or fidget when sitting.

___ I participate in extreme sports (i.e., sea kayaking, snowboarding, mountain biking).

___ I am curious as to how things feel and I tend to touch objects to examine the texture.

___ I am well coordinated.

___ I like working with my hands.

___ I prefer to be physically involved rather than sitting and watching.

___ I understand best by doing (touching, moving and interacting).

___ I enjoy creating things with my hands.

MUSICAL

___ I play music in my head.

___ I make up a rhyme to remember something.

___ It is easy for me to follow the beat of music.

___ I like setting songs and poems to music.

___ I keep time when music is playing.

___ I can hear an off-key note.

___ I find it easy to engage in musical activities.

___ I feel proud of my musical accomplishments.

NATURALIST

___ I have a collection (i.e., shells, mugs, rocks, hockey cards).

___ I notice similarities and differences in trees, flowers and other things in nature.

___ I am actively involved in protecting the environment.

___ I enjoy digging for and discovering artifacts and unusual items.

___ I prefer to be outdoors rather than indoors.

___ I like planting and caring for a garden.

___ I enjoy fishing and tracking.

___ I learn best when I can go on field trips to explore and observe nature exhibits, museums, or the outdoors.