

Are You a Visual Learner?

1. _____ I am more likely to remember math if I write it down.
2. _____ I prefer to study math in a quiet place.
3. _____ It's hard for me to understand math when someone explains it without writing it down.
4. _____ It helps when I can picture working a problem out in my mind.
5. _____ I enjoying writing down as much as I can in math.
6. _____ I need to write down all the solutions and formulas in order to remember them.
7. _____ When taking a math test, I can often see in my mind the page in my notes or in the text where the explanations or answers are located.
8. _____ I get easily distracted or have difficulty understanding in math class when there is talking or noise.
9. _____ Looking at my math teacher when he or she is lecturing helps me to stay focused.
10. _____ If I'm asked to do a math problem, I have to see it in my mind's eye to understand what is being asked of me.

_____ TOTAL SCORE

Are You a Kinesthetic/Tactile Learner?

1. _____ I learn best in math when I just get in and do something with my hands.
2. _____ I learn and study math better when I can pace the floor, shift positions a lot, or rock.
3. _____ I learn math best when I can manipulate it, touch it, or use hands-on examples.
4. _____ I usually can't verbally explain how I solved a math problem.
5. _____ I can't just be shown how to do a problem; I must do it myself so I can learn.
6. _____ I've always liked using my fingers and anything else I could manipulate to figure out my math.
7. _____ I need to take lots of breaks and move around when I study math.
8. _____ I prefer to use my intuition to solve math problems, to feel or sense what's right.
9. _____ I enjoy figuring out math games and math puzzles when I learn math.
10. _____ I learn math best if I can practice it in real-life experiences.

_____ TOTAL SCORE

Are You an Auditory Learner?

1. _____ I learn best from a lecture and worst from the blackboard or the textbook.
2. _____ I hate taking notes; I prefer just to listen to lectures.
3. _____ I have difficulty following written solutions on the blackboard, unless the teacher verbally explains all the steps.
4. _____ I can remember more of what is said to me than what I see with my eyes.
5. _____ The more people explain math to me, the faster I learn it.
6. _____ I don't like reading explanations in my math book; I'd rather have someone explain the new material to me.
7. _____ I tire easily when reading math, though my eyes are OK.
8. _____ I wish my math teachers would lecture more and write less on the blackboard.
9. _____ I repeat the numbers to myself when mentally working out math problems.
10. _____ I can work a math problem out more easily if I talk myself through the problem as I solve it.

_____ TOTAL SCORE

My dominant perceptual learning channel is: _____
(enter the category with the highest total score)

My secondary perceptual learning channel is: _____
(enter the category with the next highest score)

My tertiary perceptual learning channel is: _____
(enter the category with the third highest score)

from Cynthia A. Arem. Conquering Math Anxiety. Brooks/Cole (1993)