

# **Activities/ Resources for Outcome #2**

## Learning Modalities

A learning modality is a way of using sensory information to learn. Basically, there are three modalities you use to process material into your memory. They are as follows:

- |               |                                    |
|---------------|------------------------------------|
| ❖ Visual      | Learn from seeing                  |
| ❖ Auditory    | Learn from hearing                 |
| ❖ Kinesthetic | Learn from touching, doing, moving |

Generally, everyone has one predominant modality. However, many people have a “balance” between two or even all three senses. It is helpful to know your primary sense of learning so that you will know how to approach learning and can apply certain methods that will aid you the most.

Complete the self-assessment on the following pages to find out what your strongest modality is. Then, refer to the chart of suggested aids for learning modalities for specific hints and methods you can use to increase your learning power.

## Self-Assessment of Modality Strengths

*Directions: Read each question or statement and circle the most appropriate answer. Some will be difficult to answer, but try to respond according to how you would react most often.*

1. **You usually remember more from a class lecture when:**
  - a. you do not take notes but listen very closely.
  - b. you sit near the front of the room and watch the speaker.
  - c. you take notes (whether or not you look at them again).
  
2. **You usually solve problems by:**
  - a. talking to yourself or a friend.
  - b. using an organized, systematic approach with lists, schedules, etc.
  - c. walking, pacing, or some other physical activity.
  
3. **You remember phone numbers (when you cannot write them down) by:**
  - a. repeating the numbers orally.
  - b. "seeing" or visualizing the numbers in your mind.
  - c. "writing" the numbers with your finger on a table or wall.
  
4. **You find it easiest to learn something new by:**
  - a. listening to someone explain how to do it.
  - b. watching a demonstration of how to do it.
  - c. trying it yourself.
  
5. **You remember most clearly from a movie:**
  - a. what the characters said, background noises, and music.
  - b. the setting, scenery, and costumes.
  - c. the feelings you experienced during the movie.
  
6. **When you go to the grocery store, you:**
  - a. silently or orally repeat the grocery list.
  - b. walk up and down the aisles to see what you need.
  - c. usually remember what you need from the list you left at home.
  
7. **You are trying to remember something, so you:**
  - a. try to see it happen in your mind.
  - b. hear in your mind what was said or the noises that occurred.
  - c. feel the way it reacted with your emotions.
  
8. **You learn a foreign language best by:**
  - a. listening to records or tapes.
  - b. writing and using workbooks.

- c. attending a class in which you read and write.
9. **You are confused about the correct spelling of a word, so you:**
- a. sound it out.
  - b. try to “see” the word in your mind.
  - c. write the word several different ways and choose the one that looks right.
10. **You enjoy reading most when you can read:**
- a. dialogue between characters.
  - b. descriptive passages that allow you to create mental pictures.
  - c. stories with a lot of action in the beginning (because you have a hard time sitting still).
11. **You usually remember people you have met by their:**
- a. names (you forget faces).
  - b. faces (you forget names).
  - c. mannerisms, motions, etc.
12. **You are distracted most by:**
- a. noises.
  - b. faces.
  - c. environment (temperature, comfort of furniture, etc.).
13. **You usually dress:**
- a. fairly well (but clothes are not very important to you).
  - b. neatly (in a particular style).
  - c. comfortably (so you can move easily).
14. **You cannot do anything physical and you cannot read, so you choose to:**
- a. talk with a friend.
  - b. watch TV or look out a window.
  - c. move slightly in your chair or bed.

### **Scoring**

1. Count the total number of responses for each letter and write them below.
  - a. \_\_\_\_\_ auditory (learn best by hearing)
  - b. \_\_\_\_\_ visual (learn best by seeing)
  - c. \_\_\_\_\_ kinesthetic (learn best by touching, doing, moving)
2. Notice if one modality is significantly higher or lower, or if any two modalities are close in number.
3. Were the results as you expected them to be? Is that the way you see yourself?

<b>Suggested Aids for Learning Modalities</b>

<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic</b>
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Use these aids to sharpen your particular dominant learning modality or to strengthen a weaker one. Try to be aware of the different activities you do daily to help all three of your modalities.

Use guided imagery	Use tapes	Pace/walk as you study
Form pictures in your mind	Watch TV	Physically do it
Take notes	Listen to music	Practice by repeated motion
See parts of works	Speak/listen to speakers	Breathe slowly
Use "cue" words	Make up rhymes/poems	Role play
Use notebooks	Read aloud	Exercise
Use color codes	Talk to yourself	Dance
Use study cards	Repeat things orally	Write
Use photographic pictures	Use rhythmic sounds	Write on surfaces with finger
Watch TV	Have discussions	Take notes
Watch filmstrips	Listen carefully	Associate feelings with concept/information
Watch movies	Use oral directions	Write lists repeatedly
Use charts/graphs	Sound out words	Stretch/move in chair
Use maps	Use theater	Watch lips move in front of a mirror
Demonstrate	Say words in syllables	Use mnemonics (word links, rhymes, poems, lyrics)
Draw/use drawings	Use mnemonics (word links, rhymes, poems, lyrics)	
Use exhibits		
Watch lips move in front of a mirror		
Use mnemonics (acronyms, visual chains, mind maps, acrostics)		

## Characteristics of Learning Modalities

Three of your five senses are primarily used in learning, storing, remembering and recalling information. Your eyes, ears, and sense of touch play essential roles in the way you communicate, perceive reality and relate to others. Because you learn from and communicate best with someone

who shares your dominant modality, it is a great advantage for you to know the characteristics of visual, auditory and kinesthetic learning modalities and to be able to identify them in others.

<b>Visual</b>	<b>Auditory</b>	<b>Kinesthetic</b>
Mind sometimes strays during verbal activities	Talks to self aloud	Likes physical rewards
Observes rather than talks or acts	Enjoys talking	In motion most of the time
Organized in approach to tasks	Easily distracted	Likes to touch people when talking to them
Likes to read	Has more difficulty with written directions	Taps pencil or foot while studying
Usually a good speller	Likes to be read to	Enjoys doing activities
Memorizes by seeing graphics and pictures	Memorizes by steps in a sequence	Reading is not a priority
Not too distractible	Enjoys music	Poor speller
Finds verbal instructions difficult to follow	Whispers to self while reading	Likes to solve problems by physically working through them
Has good handwriting	Remembers names	Will try new things
Remembers faces	Easily distracted by noises	Outgoing by nature; expresses emotions through physical means
Uses advanced planning	Hums or sings	Uses hands while talking
Doodles	Outgoing by nature	Dresses for comfort
Quiet by nature	Enjoys listening activities	Enjoys handling objects
Meticulous, neat in appearance		
Notices details		

**Note: Students who have equal modality preferences are more flexible learners and are already using many study techniques rather than just a few.**