**TEST FOR PREFERRED LEARNING STYLES**

**Read the sentences below and think about how they relate to you. Give** **value for each sentence.**

3 points if the sentence applies to you to a large extent

2 points if the sentence applies to you in the medium/average degree

1 point if you think it does not apply to you

**VISUAL STYLE**

.... I like to scribble, my notes bear different pictures, arrows

.... I remember content better when I write it,

.... I'm lost or late when they tell me how to get somewhere and I didn't write it down information

.... when I have to remember, for example, a phone number associating in the memory of digits with some details, it helps me a lot,

.... when I complete the test I can "read" from a card remembered in my imagination and find the right answer on it,

.... when I talk to a person I focus better when I look at him,

.... I was undergoing speech therapy

.... I don't understand what they say to me when music is playing next door or other people are talking,

.... I don't understand the jokes I am told

.... I work better in a quiet place.

Total score for visual style ………

**HEARING STYLE**

.... my writing never looks nice

.... I follow the text with my finger so that I don't get lost

.... I don't like texts with small font,

.... I understand the instructions better if I am told than when I have to read them,

.... writing is tiring for me,

.... my eyes get tired quickly when I read or write,

.... when I read, I confuse words that are spelled similarly,

.... I can hardly read others' handwriting

.... if I had to choose between lecture and reading, I would choose a lecture,

.... I remember better when I hear than when I see.

Total score for listening style ……….

**MOTION STYLE**

.... I don't like reading commands

.... I remember better when they show me how to do something and I can try it myself

.... I work at a desk,

.... I solve problems by trial and error rather than methodically,

.... before doing something, I prefer to see how others do it,

.... I can't give oral instructions,

.... being in an unknown place, I don't get lost

.... I think better when I can move,

.... when I can't find the right word, I'm willing to gesture to show something.

Total score for motion style ………

**The right strategy - the key to success in learning**

Adapt learning techniques to your learning style:

**VISUAL STYLE:**

* Use colored markers, pens and crayons;
* Write key words (patterns, dates, ideas) on small sheets of paper, later at eye level in the place where you often stay (e.g. doing homework,you study, etc.). Use many colors;
* Use visual aids - video tapes, foliograms, slides;
* Create tables, graphics, diagrams, drawings, etc .;
* Arrange crosswords with the most important words to remember;
* If possible, choose interestingly designed, colorful books.
* Visual learners can particularly benefit from new mental techniques such as memory maps and imaging information to remember.

**HEARING STYLE**

* Loudly repeat the most important facts to remember;
* Information that you want to learn quickly, read with different intonation - refinement, screaming, theatrical, slow, fast etc .;
* If possible, sing, rap, rhyme and recite (knowledge presented in this way "alone it will come to your mind);
* You can compose a simple song or short poem by yourself of the most important words to remember;
* Monologue, dialogue, group discussion, mini-beat - these are the most useful techniques in your case;
* Use cassette tapes, also for recording and later listening to information to remember.

Especially listeners will benefit a lot from such natural memory enhancers like rhythm and rhyme.

**MOTION STYLE**

* When learning, use the dynamics of the whole work - the use of facial expressions and pantomime very much will help you to acquire knowledge quickly;
* Demonstrate concepts using movements and gestures;
* Play a short scene, sketch related to the given lesson;
* Repeating lessons at home, you can walk around the room;
* If possible - construct spatial models, engage in experiments movement (cutouts and modeling from plasticine or modeling is not stupid at all) an idea in your case);
* Walk or jump on the rug so that your steps outline an imaginary one chemical formula line, word to remember, country shape or trail map commercial, etc.
* Kinesthetics particularly enjoy trips (to the museum, to the exhibition, to the factory) or laboratory, etc.) and other outdoor activities (surveys, interviews, research projects, etc.).

*Many other non-standard learning strategies can be found in the book "Success in school" - M. Łukasiewicz*