SELF-ASSESSMENT FOR MODALITY STRENGTHS

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 carefully
   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 a problem by:
   a. talking to yourself or a friend
   b. using an organized, systematic approach with list schedules, etc.
   c. walking or pacing or some other physical activity

3. You remember phone numbers (when you can’t write them down) by:
   a. repeating the number orally
   b. “seeing” or “visualizing” the numbers in your mind
   c. “writing” the numbers with your finger on the 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. usually remember what you need from the list you left at home
   c. walk up and down the aisles to see what you need

7. You are trying to remember something, so you:
   a. hear in your mind what was said or the noises that occurred
   b. try to see it happen in your mind
   c. feel the way “it” reacted with you emotions

8. You learn a foreign language best by:
   a. listening to CDs or tapes
**Self-Assessment for Modality Strengths**

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 and 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 by:  
   a. noises  
   b. people  
   c. environment (temperature, comfort of furniture, etc.)

Add the number of times you answered:  
A _____________  
(Auditory)  
B _____________  
(Visual)  
C _____________  
(Kinesthetic or Tactual)