



Extreme Academic Makeover

Academic Enhancement Sensory Preferences Assessment

Please put a check next to each question you **agree** with.

- 1. Do you prefer to read about something first when learning it? _____
- 2. Do you say the words to yourself when reading a book or questions on a test? _____
- 3. Do you prefer to work with the real thing while learning? _____
- 4. When you learn something new, do you prefer to learn by seeing a video? _____
- 5. Do you remember things best by hearing them first? _____
- 6. Do you prefer to draw or trace things that you are learning? _____
- 7. Do you learn by listening to CDs or the radio? _____
- 8. Do you remember things best by closing your eyes and seeing them in your mind? _____
- 9. If you were learning measurements in math, would you prefer learning them by doing an activity like cooking or carpentry? _____
- 10. When you study something to remember it:
 - a. do you prefer to write it down? _____
 - b. say it to yourself? _____
 - c. or read it _____
- 11. When you are learning something new and really want to understand it, how do you prefer to learn it?
 - a. by playing a game? _____
 - b. listening to someone explain it? _____
 - c. or seeing a movie about it? _____
- 12. When you are inactive, do you:
 - a. stare at something? _____
 - b. talk to yourself or others? _____
 - c. or fidget, tap a pencil, drum your fingers? _____
- 13. Do you best remember:
 - a. faces? _____
 - b. names? _____
 - c. or the event that happened? _____
- 14. When you read, do you:
 - a. concentrate and like long descriptions? _____
 - b. move your lips or whisper? _____
 - c. prefer action stories, but don't really like to read? _____
- 15. When you communicate with others, are you generally"
 - a. quiet? _____
 - b. talkative? _____
 - c. a person who uses your hands to help you talk? _____
- 16. Do you like to:
 - a. view art? _____
 - b. listen to music? _____
 - c. or move in response to both? _____

Auditory _____
(learn by hearing)

Visual _____
(learn by seeing)

Kinesthetic _____
(learn by doing)