

Sensory Preferences

Directions: Circle the answer or answers that best describe your response for each situation. If a single answer does not match your perception, enter two or more choices. After you answer all questions, total your responses and compute your percentages.

1. You are about to give directions to a friend. She is staying in a hotel in town and wants to visit your house. She has a rental car. Would you.....

- R) write down the directions (without a map)
- V) draw a map on paper
- A) tell her the directions
- K) pick her up from the hotel and drive her in your car

2. You are staying in a hotel and have a rental car. You would like to visit a friend whose address/location you do not know. Would you like him to....

- R) write down the directions (without a map)
- V) draw you a map on paper
- A) tell you the directions
- K) pick you up from the hotel and drive you in his car

3. You have just received a copy of your itinerary for a world trip. This is of interest to a friend. Would you....

- R) send her a copy of the printed itinerary
- A) call her immediately and tell her about it
- V) show her your route on a map of the world

4. You are going to cook a dessert as a special treat for your family. Do you...

- K) cook something familiar without the need for directions
- V) thumb through cookbooks looking for ideas from the pictures
- R) refer to a specific cookbook that has a good recipe
- A) ask for advice from others

5. A group of tourists has been assigned to you to find out about national parks. Would you....

- K) drive them around the national park
- V) show them slides and photographs
- R) give them a book on national parks
- A) give a talk to them about national parks

6. You are about to purchase a car. Other than the price, what would most influence your decision?

- R) reading the details about it
- A) talking to a friend about it
- K) driving it
- V) the car's appearance

7. Recall a time in your life when you learned how to do something like playing a new board game. (Try to avoid choosing a very physical skill, e.g. riding a bike.) How did you learn best?

- R) by written instructions
- V) by visual clues – pictures, diagrams, charts
- A) by listening to somebody explaining it
- K) by doing it

8. Which of these games do you prefer?

- R) Scrabble
- V) Pictionary
- K) Charades

9. You are about to learn a new program on a computer. Would you..

- K) ask a friend to show you
- R) read the manual that comes with the program
- A) telephone a friend and ask questions about it

10. You are not sure whether a word should be spelled dependent or dependant. Do you...

- R) look it up in the dictionary
- V) see the word in your mind and choose the way that looks best
- A) sound it out in your mind
- K) write both versions down

11. Apart from the price, what would most influence your decision to buy a particular book?

- K) using a friend's copy
- A) talking to a friend about it
- R) skimming parts of it
- V) it looks OK

12. A new movie has arrived in town. What would most influence your decision to go or not to go?

- R) you read a review of it
- A) friends talk about it
- V) you saw a preview of it

13. Do you prefer a lecturer who likes to use.....

- R) handouts and/or a textbook
- K) field trips, labs, practical sessions
- V) flow diagrams, charts, slides
- A) discussions or guest speakers

TOTAL A (auditory) responses _____ / 11 = _____ %

TOTAL V (visual) responses _____ / 12 = _____ %

TOTAL K (kinesthetic) responses _____ / 11 _____ %

TOTAL R (reading/writing) responses _____ / 13 _____ %

Applying Sensory Preferences to the Classroom, Studying, and Exam Situations

| | <u>In Class</u> | <u>When Studying</u> | <u>During Exams</u> |
|----------------------------------|---|--|--|
| <u>Visual</u> | Underline. Use different colors. Use symbols, charts and arrangements on a page. | Use the “In Class” strategies. Reconstruct images in different ways. Redraw pages from memory with symbols & initials. | Recall the ‘picture of the pages’. Draw or sketch. Use diagrams where appropriate. Practice turning visual back into words. |
| <u>Auditory/Listening</u> | Attend lectures and tutorials. Discuss topics with students. Explain new ideas to other people. Use a tape recorder. Describe overheads, pictures, and visuals to another person. Leave space in notes for recall later. | May take poor notes because you prefer to listen. Expand your notes. Put summarized notes on tape and listen. Read summarized notes out loud. Explain notes to another person. | Listen to your inner voices and write down what you say to yourself. Speak your answers. Practice writing answers to old exam questions. |
| <u>Reading/Writing</u> | Use lists, headings. Use dictionaries and definitions. Use handouts and textbooks. Read. Use lecture notes. | Write out the words again and again. Reread notes silently. Rewrite ideas into other words. Organize diagrams into statements. | Practice with multiple-choice questions. Write out lists. Write paragraphs, beginnings and endings. |
| <u>Kinesthetic</u> | Use all your senses. Go to lab, take field trips. Use trial-and-error methods. Listen to real-life examples. Use hands-on approach. | May take notes poorly because topics do not seem relevant. Put examples in note summaries. Use pictures and photos to illustrate. Talk about notes with another K person. | Write practice answers. Role-play the exam situation in your room. |