

# Learning Modality Indicator

## Directions:

For each question, rank the choices with a 1 for your first choice, 2 for your 2nd choice and 3 for your 3rd choice.

### 1. When other people are talking I...

- X. \_\_\_\_\_ picture what they are saying like a movie in my head
- Y. \_\_\_\_\_ tune in to key words and phrases that they use
- Z. \_\_\_\_\_ feel out a way to connect with them and what they're saying

### 2. When I'm explaining something to someone, I tend to:

- X. \_\_\_\_\_ show them what I mean
- Y. \_\_\_\_\_ explain to them in different ways until they understand
- Z. \_\_\_\_\_ encourage them to try, and guide them through as they do it

### 3. When I'm bored in a meeting, I...

- X. \_\_\_\_\_ look out the window or start doodling
- Y. \_\_\_\_\_ tune out or replay songs I like or recent conversations in my head
- Z. \_\_\_\_\_ get fidgety or get up for a "restroom break"

### 4. I first notice how people:

- X. \_\_\_\_\_ look and dress
- Y. \_\_\_\_\_ sound and speak
- Z. \_\_\_\_\_ stand and move

### 5. How do you prefer to first learn more about something new?

- X. \_\_\_\_\_ read about it
- Y. \_\_\_\_\_ listen to a podcast or lecture on CD
- Z. \_\_\_\_\_ try it out with someone else

### 6. If something is wrong, I might say,

- X. \_\_\_\_\_ This doesn't look right to me.
- Y. \_\_\_\_\_ Something tells me this isn't right.
- Z. \_\_\_\_\_ My sense is that something's off.

### 7. When I'm trying to focus, I most often:

- X. \_\_\_\_\_ focus on the words or the pictures in front of me
- Y. \_\_\_\_\_ discuss the problem and the possible solutions in my head
- Z. \_\_\_\_\_ move around a lot, fiddle with pens and pencils and touch things

### 8. I am most irritated by someone in a conversation when they:

- X. \_\_\_\_\_ don't make or maintain eye contact with me

Y. \_\_\_\_\_ interrupt me when I talk

Z. \_\_\_\_\_ don't seem to like me

**9. I tend to say:**

X. \_\_\_\_\_ do you see what I'm saying?

Y. \_\_\_\_\_ does that sound right to you?

Z. \_\_\_\_\_ does that feel right to you?

**10. If I'm excited about something, I tend to:**

X. \_\_\_\_\_ keep playing out in my mind how it might go (like a movie)

Y. \_\_\_\_\_ talk about it out loud- even to myself

Z. \_\_\_\_\_ jump around, move a lot and feel my heart race

**11. When out to lunch with someone, I most like to choose a seat where:**

X. \_\_\_\_\_ I can sit directly across from them to look at them squarely as we chat

Y. \_\_\_\_\_ I can best hear everything they're saying really well without being distracted by other conversations

Z. \_\_\_\_\_ I can sit next to or near them to get a better connection

**12. After meeting someone, I'll find it easiest to remember:**

X. \_\_\_\_\_ what they were wearing

Y. \_\_\_\_\_ what their voice sounded like or one thing they said

Z. \_\_\_\_\_ how I felt around them

**13. When I agree with an idea, I might say,**

X. \_\_\_\_\_ It came to me in a flash.

Y. \_\_\_\_\_ It just seems to click.

Z. \_\_\_\_\_ It fits perfectly.

**14. What gets you going the most in the morning?**

X. \_\_\_\_\_ turning on all the lights

Y. \_\_\_\_\_ listening to the radio

Z. \_\_\_\_\_ getting my body moving, taking a shower

**15. What part of a storm is the most intriguing for you?**

X. \_\_\_\_\_ the bright lightning, the cloudy dark sky, the way the light changes everything

Y. \_\_\_\_\_ the crash of the thunder the sound of the wind and the rain drops

Z. \_\_\_\_\_ the feeling of the wind, the wet cold rain, the squish of mud

**16. When someone ignores you, would you say to them...**

X. \_\_\_\_\_ Am I invisible to you?

Y. \_\_\_\_\_ Did you hear a single thing I've said?

Z. \_\_\_\_\_ I feel ignored!

**17. If you're in agreement, which might you say?**

- X. \_\_\_\_\_ That looks great.
- Y. \_\_\_\_\_ That sounds good.
- Z. \_\_\_\_\_ That feels right.

**18. If you were watching a baseball game, what would make the game really memorable?**

- X. \_\_\_\_\_ Impressive instant replays, seeing the ball hit out of bounds, the image of the big catch
- Y. \_\_\_\_\_ exciting commentary from the announcer, the crack of the bat, the cheer of the crowd
- Z. \_\_\_\_\_ an emotional victory by an underdog team, the injury of your favorite player, a heated moment between two players

**19. When being spontaneous, I might say that I'm...**

- X. \_\_\_\_\_ seeing where it goes
- Y. \_\_\_\_\_ playing it by ear
- Z. \_\_\_\_\_ winging it

**20. When thinking back to my last interaction with someone I haven't seen in a long time, I would:**

- X. \_\_\_\_\_ picture what they were wearing and/or the setting of our meeting
- Y. \_\_\_\_\_ remember a particular thing they said, replaying it in my mind
- Z. \_\_\_\_\_ go back to the feeling I have about them, or the impression they left on me

**21. When making a tough decision on my own, I...**

- X. \_\_\_\_\_ view the options from different perspectives, maybe write it out, then see which one looks best
- Y. \_\_\_\_\_ talk it through in my own head (or out loud), then make a call
- Z. \_\_\_\_\_ chew on the options awhile, then go with my gut/trust my instincts

**22. The following sentence appeals to me most:**

- X. \_\_\_\_\_ I saw the rows of vibrant flowers.
- Y. \_\_\_\_\_ I heard the rustling of the wind in the trees.
- Z. \_\_\_\_\_ I felt the breeze on my back.

**23. When I'm working through an idea or problem, I like to:**

- X. \_\_\_\_\_ sketch ideas out on paper or journal
- Y. \_\_\_\_\_ talk it through out loud to someone else or myself
- Z. \_\_\_\_\_ just soak on it or do something physical and let it work itself through

**24. Which might you say in a conversation?**

- X. \_\_\_\_\_ I see what you mean.
- Y. \_\_\_\_\_ I hear what you're saying.
- Z. \_\_\_\_\_ I get what you're feeling.

# Scoring

4 of 4

1. First, transfer your scores from each question into the corresponding columns in this table.

	<b>X</b>	<b>Y</b>	<b>Z</b>
1			
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24			
<b>Totals</b>			

2. Next, total each column, and put those results here.

Total for column X =

Total for column Y =

Total for column Z =

3. Then, put your XYZ scores in order from lowest to highest here.

1. Lowest total =

2. Middle total =

3. Highest total =

4. Finally, translate your XYZ into VAK, and put them in the above 1-2-3 order for your final results!

\* YES- your **lowest** score ends up being your **Primary** Modality, your middle score = Secondary and your highest score = Tertiary modality

X = Visual

Y = Auditory

Z = Kinesthetic

Example: K-V-A