

WHAT KIND OF STUDENT ARE YOU?

Put a check in the column that best describes you.

	Mostly True	Sometimes True	Not True
I care about doing well in school.			
I try my best in school each day.			
I do my homework.			
I understand things that I have read.			
I have the things I need for class.			
I get along well with my teachers.			
I take good notes in class.			
I am good at taking tests.			
I ask and answer questions in class.			
I am happy with my grades.			
Give yourself 2 points for every check in the "Mostly True" column Give yourself 1 point for every check in the "Sometimes True" column Give yourself 0 points for every check in the "Not True" column			POINTS POINTS POINTS TOTAL

If you scored 15--20: You are a very good student. Keep up the good work!

If you scored 10--14: You are doing pretty well. Keep looking for ways to do even better.

If you scored 5--9:

You are doing OK but could be doing better. Ask your teachers or

counselor about ways you can improve your study habits and your grades.

If you scored 0--4:
You may be struggling in school, but you can get help. Ask your teachers

or counselor about how you can do better in school.

INFORMATION SOURCE:



WHAT'S YOUR LEARNING STYLE?

Have you ever wondered why you do better in some classes than others? It may depend on your individual learning style. Your learning style influences the way you understand information and solve problems.

Many people use a combination of learning styles, whereas others learn best by using just one. Want to know your learning style? You're just 20 questions away from finding out!

1. What kind of book would you like to read for fun?

- A) A book with lots of pictures in it
- B) A book with lots of words in it
- C) A book with word searches or crossword puzzles
- 2. When you are not sure how to spell a word, what are you most likely to do?
- A) Write it down to see if it looks right
- B) Spell it out loud to see if it sounds right
- C) Trace the letters in the air (finger spelling)
- 3. You're out shopping for clothes, and you're waiting in line to pay. What are you most likely to do while you are waiting?
- A) Look around at other clothes on the racks
- B) Talk to the person next to you in line
- C) Fidget or move back and forth
- 4. When you see the word "cat," what do you do first?
- A) Picture a cat in your mind
- B) Say the word "cat" to yourself
- C) Think about being with a cat (petting it or hearing it purr)
- 5. What's the best way for you to study for a test?
- A) Read the book or your notes and review pictures or charts
- B) Have someone ask you questions that you can answer out loud
- C) Make up index cards that you can review

6. What's the best way for you to learn about how something works (like a computer or a video game)?

- A) Get someone to show you
- B) Read about it or listen to someone explain it
- C) Figure it out on your own
- 7. If you went to a school dance, what would you be most likely to remember the next day?
- A) The faces of the people who were there
- B) The music that was played
- C) The dance moves you did and the food you ate
- 8. What do you find most distracting when you are trying to study?
- A) People walking past you
- B) Loud noises
- C) An uncomfortable chair
- 9. When you are angry, what are you most likely to do?
- A) Put on your "mad" face
- B) Yell and scream
- C) Slam doors
- 10. When you are happy, what are you most likely to do?
 - A) Smile from ear to ear
 - B) Talk up a storm
- C) Act really hyper





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11. When in a new place, how do you find your way around?

- A) Look for a map or directory that shows you where everything is
- B) Ask someone for directions
- C) Just start walking around until you find what you're looking for

12. Of these three classes, which is your favorite?

- A) Art class
- B) Music class
- C) Gym class

13. When you hear a song on the radio, what are you most likely to do?

- A) Picture the video that goes along with it
- B) Sing or hum along with the music
- C)Start dancing or tapping your foot

14. What do you find most distracting when in class?

- A) Lights that are too bright or too dim
- B) Noises from the hallway or outside the building (like traffic or someone cutting the grass)
- C) The temperature being too hot or too cold

15. What do you like to do to relax?

- A) Read
- B) Listen to music
- C) Exercise (walk, run, play sports, etc.)

16. What is the best way for you to remember a friend's phone number?

- A)Picture the numbers on the phone as you would dial them
- B) Say it out loud over and over and over
- C) Write it down or store it in your phone contact list

17. If you won a game, which of these three prizes would you choose?

- A) A poster for the wall
- B) A music CD or mp3 download
- C) A game of some kind (or a football or soccer ball, etc.)

18. Which would you rather go to with a group of friends?

- A) A movie
- B) A concert
- C) An amusement park

19. What are you most likely to remember about new people you meet?

- A) Their face but not their name
- B) Their name but not their face
- C) What you talked about with them

20. When you give someone directions to your house, what are you most likely to tell them?

- A) A description of building and landmarks they will pass on the way
- B) The names of the roads or streets they will be on
- C) "Follow me—it will be easier if I just show you how to get there."



WHAT'S YOUR LEARNING STYLE? RESULTS

MOST ALTERNATIVES ARE A: VISUAL LEARNER

If you are a visual learner, you learn by reading or seeing pictures. You understand and remember things by sight. You can picture what you are learning in your head, and you learn best by using methods that are primarily visual. You like to see what you are learning.

As a visual learner, you are usually neat and clean. You often close your eyes to visualize or remember something, and you will find something to watch if you become bored. You may have difficulty with spoken directions and may be easily distracted by sounds. You are attracted to color and to spoken language (like stories) that is rich in imagery.

Here are some things that visual learners like you can do to learn better:

- Sit near the front of the classroom. (It won't mean you're the teacher's pet!)
- Have your eyesight checked on a regular basis.
- Use flashcards to learn new words.
- Try to visualize things that you hear or things that are read to you.
- Write down key words, ideas, or instructions.
- Draw pictures to help explain new concepts and then explain the pictures.
- Color code things.
- Avoid distractions during study times.

Remember that you need to see things, not just hear things, to learn well.

Many people use a combination of learning styles, whereas others learn best by using just one.



WHAT'S YOUR LEARNING STYLE? RESULTS

MOST ALTERNATIVES ARE B: AUDITORY LEARNER

If you are an auditory learner, you learn by hearing and listening. You understand and remember things you have heard. You store information by the way it sounds, and you have an easier time understanding spoken instructions than written ones. You often learn by reading out loud because you have to hear it or speak it in order to know it.

As an auditory learner, you probably hum or talk to yourself or others if you become bored. People may think you are not paying attention, even though you may be hearing and understanding everything being said.

Here are some things that auditory learners like you can do to learn better.

- Sit where you can hear.
- Have your hearing checked on a regular basis.
- Use flashcards to learn new words; read them out loud.
- Read stories, assignments, or directions out loud.
- Record yourself spelling words and then listen to the recording.
- Have test questions read to you out loud.
- Study new material by reading it out loud.

Remember that you need to hear things, not just see things, in order to learn well.

Many people use a combination of learning styles, whereas others learn best by using just one.



WHAT'S YOUR LEARNING STYLE? RESULTS

MOST ALTERNATIVES ARE C: TACTILE LEARNER

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Here are some things that tactile learners like you can do to learn better:

- Participate in activities that involve touching, building, moving, or drawing.
- Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
- It's OK to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Trace words with your finger to learn spelling (finger spelling).
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's OK to tap a pencil, shake your foot, or hold on to something while learning.
- Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by doing, not just by reading, seeing, or hearing.

Many people use a combination of learning styles, whereas others learn best by using just one.





IMPROVING YOUR STUDY HABITS

Put a check in the column that best describes you.

Study Habit	Already Do	Plan to Do	Not Interested
Study every day			
Create a quiet place at home to study			
Turn off the phone, TV, and other distractions when studying			
Play quiet background music			
Study in a way that suits your learning style			
Take short but frequent breaks, like 5 minutes every half hour			
Study early (don't wait until the last minute)			
Study the hardest things first and then move on to easier ones			
Spend the most time on things that are hardest			
Ask for help if you are struggling with something			
Take notes as you study, using your own words to simplify complex ideas			
Keep your notes in a notebook or folder			
Review your notes on a regular basis			
Make connections between what you are studying and what you know			
Take practice tests, so you don't panic when it's time for the real test			
Use a planner or agenda to keep track of your study progress			
Reward yourself after a good study session			
Quiz yourself about what you just studied			
TOTAL			

Developing good study habits can be a challenge, especially if you already have a busy life. But don't dismiss the importance of studying.

Want to aim for the best study habits possible? The ultimate goal would be for all of your responses to appear in the "Already Do" column.

So take a look at your "Plan to Do" column and give one or two of the items listed a try. By improving just one or two additional study habits, you may soon see a jump in your test scores. And that's what developing good study habits is all about!





CONFIDENCE WHEEL



