

When you ...	Visual	Auditory	Kinaesthetic/Tactile
Spell	Do you try to see the word?	Do you sound out the word?	Do you write the word down to see if it feels right?
Talk	Do you do so only a little or dislike listening for too long? Do you use <i>see, picture</i> and <i>imagine</i> a lot?	Do you like listening but dislike talking much? Do you use <i>hear, tune</i> and <i>think</i> a lot?	Do you use gesture and facial expression more than most? Do you use <i>feel, touch</i> and <i>hold</i> a lot?
Concentrate	Are you distracted by untidiness and movement?	Are you distracted by sounds and noises or by silence?	Are you distracted by activity around you?
Meet someone for the second time	Do you forget names but remember faces or can picture where you met?	Do you forget faces but remember names or what you talked about?	Do you remember best what you were doing when you met?
Read	Do you like descriptive passages? Can you "see" the story?	Do you enjoy dialogue/conversation? Do you "hear" the story?	Do you prefer action scenes? Are you not much of a reader?
Do something new, e.g. at work	Do you like to see demonstrations, diagrams, slides or posters?	Do you like to be told how to do it or to talk it through with someone else?	Do you prefer to jump straight in and try to do it?
Need help with a computer task or application	Do you seek out pictures, diagrams or written instructions?	Do you call the help desk or ask a friend/boss/teacher?	Do you keep trying it, or try another machine?

Adapted from <http://www.chaminade.org/inspire/learnstl.htm> (Adapted from Colin Rose(1987). *Accelerated Learning.*). You have to decide which statement fits you best on each row, then see which column you have most answers in. If it is a tie, then you are lucky enough to have more than one tactic to use.