

Disposition: Identify your learning personality.

(For 3rd graders – Adults) Read the items in each line. Choose the line that describes you best - the one that says “This is me!” Then choose a second line so that you end up with your top 2 choices.

1. frisbee, jump rope, juggling, bean bags, games, short, move, spontaneous, fun
2. outline, 6-year planner, to-do list, organizers, on time, get things done
3. Legos, light switch, labs, computer parts, field trips, experiment, tinker
4. friends, thank you cards, pot lucks, group projects, telephone, caring, fair
5. pipe cleaners, paint, crafts, music, daydream, doodle, create, think, wonder

- 1 = Spontaneous Disposition
2 = Organized Disposition
3 = Curious Disposition
4 = Supportive Disposition
5 = Imaginative Disposition

Modality: Identify your best ways of processing information.

1. I prefer to:

- (A) hear a story
- (B) see a movie
- (C) play outside

2. I prefer to:

- (A) listen to music
- (B) read a book
- (C) walk or run

3. I prefer to:

- (A) listen to the radio
- (B) watch television
- (C) play a game

4. The best way for me to remember is to:

- (A) “say it over and over” to myself
- (B) “make a picture” in my head
- (C) “just do it”

5. I understand instructions better when:

- (A) someone explains them to me
- (B) I can read them or see pictures
- (C) someone shows me how

6. When I am thinking, I:

- (A) talk to myself
- (B) see pictures in my head
- (C) need to move around

7. I often:

- (A) remember what people say
- (B) notice how things look; I like colors and designs
- (C) often play with coins and keys in my pocket or objects on the table

8. I am a:

- (A) listener, not a watcher or doer.
- (B) watcher, not a listener or doer.
- (C) doer, not a watcher or listener

TOTAL ITEMS CIRCLED:

A= AUDITORY = _____

B= VISUAL = _____

C= TACTILE-KINESTHETIC = _____

Quick Power Traits & Learning Style Assessment



Environment: Choose the surroundings that help you **study or do work**. (Circle all that apply)

Sound: noise, quiet, music

Body Position: standing, sitting at desk, sitting on floor,
lying on couch or bed

Interaction: alone, with others, with pet

Lighting: low, bright, sunlight from window

Temperature: warm, cool

Preferred colors:

Least preferred colors:

Best time of day (have most energy):

Interests: List what you **love to do or learn** about.

Favorite subjects and activities in or out of school - in order of preference, 10 = most interested

10 _____

5 _____

9 _____

4 _____

8 _____

3 _____

7 _____

2 _____

6 _____

1 _____

Interests: Involvement Issues – **what do you really care about?**

At home: _____

At school or work: _____

in your neighborhood: _____

in the world _____

Talents: Circle **ALL** the words **on each line** that comes easy to you.

Word: thinking in words, reading, writing, word games, talking

Picture: drawing, designing, thinking in pictures, jigsaw puzzles, directions

Music: playing instrument, singing, composing, keeping beat or rhythm

Number/Logic: logic puzzles, math problems, games like Chess, working with numbers

Mechanical: fixing things, taking things apart, building, figuring out how things work

Body: sports, dancing, biking, working out, hammering or sawing

People: making friends, group games or projects, leading groups or meetings, being fair

Self: being alone, taking care of myself, looking my best, making plans for what I want

Animal: protecting animals, calming down animals, training pets, grooming pets

Nature: hiking, exploring nature, camping, protecting environment, observing wildlife

Humor: laughing, doing funny things, telling jokes, making things fun, mimicking

Life skills: cooking, decorating, gardening, coordinating clothes/fashion, cleaning