



CHAPTER 1:

Personal Development

ASSIGNMENTS



Assignment 1.10: How Do You Learn Best?

Put check marks next to the items that apply to you.

Listening

- ☒ I like to listen to people talk about things.
- ☐ I love learning through listening to podcasts.
 - ☒ I usually remember what I hear.
 - ☒ I practice active listening
- ☐ I would rather watch a movie than read a book.
 - ☒ I learned more in school by listening to the teacher's explanation rather than by reading the textbook.
- ☐ I would rather listen to the news on the radio than read the newspaper.
 - ☒ I would rather someone tell me about upcoming meetings at work than have to read about them in memos.

Total number of check marks: 5

Observing/ Seeing

- ☒ I get pictures in my head when I read.
- ☒ I remember faces better than I remember names.
- ☒ When I have to concentrate on spelling a word, I see that word in my mind.
- ☒ When I take a test, I can see in my mind what the notes I took in class look like and that helps me get the answer.

- ✓ I remember what pages in a book look like.
- ✓ I remember events in the past by seeing them in my mind.

☐ I love scrolling through pictures on Instagram and Pinterest

Total number of check marks: 6

Doing

- ✓ When I'm thinking through a problem, I pace around or move around a lot.

☐ It's hard for me to sit still and study.

- ✓ I like demonstrating things by doing the activity
- ✓ I would rather learn by doing something with my hands than read about that same thing in a book.
- ✓ I like to make models of things.

☐ When I see something new and interesting, I usually want to touch it in order to find out more about it.

☐ I would rather go out dancing than stay home and read a book.

Total number of check marks: 4

☐ Writing

- ✓ I write down things that I need to remember.
- ✓ I make fewer mistakes when I write than when I speak.
- ✓ I like it when someone who is explaining something to me uses a flip chart or white board or a piece of paper to write down the main points, so that I can copy what s/he writes.

☐ I keep my schedule by writing down the things I need to do. I would be lost without my daily planner.

☐ I write notes using smart phone applications

- ✓ I enjoy demonstrating of idea via power point, drawing, and sketching

☐ After I take notes, I rewrite my notes in order to better understand something.

✓ When I read I often take notes in order to better understand the ideas I've read.

☐ I like to send messages on SMS/WhatsApp more than speaking

Total number of check marks: 5

Reading

☐ I would rather read a report myself than be told what is in it.

✓ I like to read in my free time.

☐ I usually remember information that I read better than information that I hear.

☐ I enjoy reading E-books, through tablets and smart phones.

☐ I would rather read the newspaper than watch the news on TV.

✓ I can learn how to put something together by reading the instructions.

✓ I like it when teachers write on the board, so that I can read what they write.

☐ I like to read blogs

Total number of check marks: 3

Speaking

✓ When I have a problem to figure out I often talk to myself.

☐ People have wondered why I talk to myself.

✓ I remember things better when I say them aloud. For example, if I have to learn a new phone number I repeat it again and again to myself.

☐ I communicate better by speaking than by writing.

☐ I enjoy talking on the phone.

✓ I learn best when I study with other people, and we discuss new ideas or concepts.

☐ I like to send voice notes instead of written WhatsApp messages

Total number of check marks: 3

