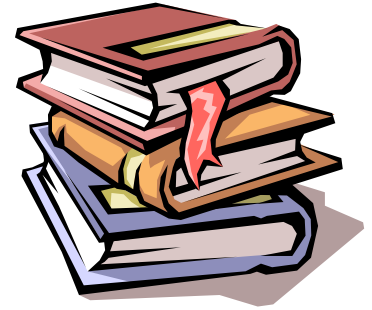


**MATH 108**  
**TUTORED MATHEMATICS**  
**LEARNING CHANNELS WORKSHEET**

Your Name: \_\_\_\_\_

<b>USUALLY</b>	<b>SOMETIMES</b>	<b>RARELY</b>
<b>3</b>	<b>2</b>	<b>1</b>

Read each of the statements *carefully* and determine how much each applies to you. If it usually applies to you, give yourself 3 points. If it sometimes applies to you, give yourself 2 points. If it rarely applies to you, give yourself 1 point. If it never applies to you, leave it blank.

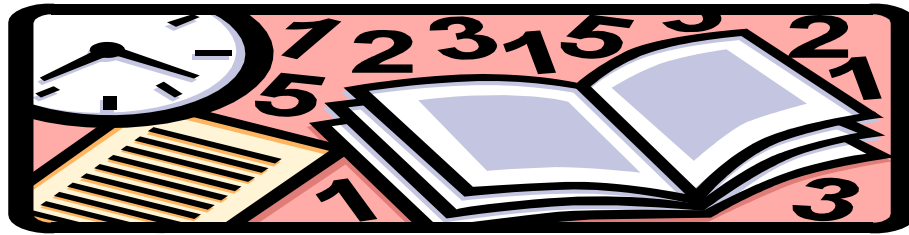


**ARE YOU A VISUAL LEARNER?**

- \_\_\_ \_\_\_ \_\_\_ 1. I am more likely to remember math if I write it down.
- \_\_\_ \_\_\_ \_\_\_ 2. I prefer to study math in a quiet place.
- \_\_\_ \_\_\_ \_\_\_ 3. It's harder for me to understand math when someone explains it without writing it down.
- \_\_\_ \_\_\_ \_\_\_ 4. It helps when I can picture working out a problem in my mind.
- \_\_\_ \_\_\_ \_\_\_ 5. I enjoy writing down as much as I can in math.
- \_\_\_ \_\_\_ \_\_\_ 6. I need to write down all the solutions and formulas in order to remember them.
- \_\_\_ \_\_\_ \_\_\_ 7. When taking a math test, I can often see in my mind the page in the book or my notes where the explanation or answers are located.
- \_\_\_ \_\_\_ \_\_\_ 8. I get easily distracted or have difficulty understanding in math class when there is talking or noise.
- \_\_\_ \_\_\_ \_\_\_ 9. Looking at my math teacher when he or she is lecturing helps me to stay focused.
- \_\_\_ \_\_\_ \_\_\_ 10. If I am asked to do a math problem, I have to see it in my mind's eye to understand what is being asked of me.

\_\_\_\_\_ **Total Score for Visual Learner**

USUALLY	SOMETIMES	RARELY
3	2	1



**ARE YOU A KINESTHETIC/TACTILE LEARNER?**

- \_\_\_ \_\_\_ \_\_\_ 1. I learn best in math when I just get in and do something with my hands.
- \_\_\_ \_\_\_ \_\_\_ 2. I learn and study math better when I can pace the floor, shift positions a lot or rock.
- \_\_\_ \_\_\_ \_\_\_ 3. I learn math best when I can manipulate it, touch it or use hands on examples.
- \_\_\_ \_\_\_ \_\_\_ 4. I usually can't verbally explain how I solved a math problem.
- \_\_\_ \_\_\_ \_\_\_ 5. I can't just be shown how to do a problem, I must do it myself so that I can learn.
- \_\_\_ \_\_\_ \_\_\_ 6. I have always liked using my fingers and other objects to figure out math.
- \_\_\_ \_\_\_ \_\_\_ 7. I need to take lots of breaks and move around when I study math.
- \_\_\_ \_\_\_ \_\_\_ 8. I prefer to use my intuition to solve math problems; to feel or sense what is right.
- \_\_\_ \_\_\_ \_\_\_ 9. I enjoy figuring out math games or puzzles when I learn math.
- \_\_\_ \_\_\_ \_\_\_ 10. I learn math best if I can practice in real life situations.

\_\_\_\_\_ **Total Score for Kinesthetic/Tactile Learner**

**ARE YOU AN AUDITORY LEARNER?**

- \_\_\_ \_\_\_ \_\_\_ 1. I learn best from lecture and worst from the chalkboard or text.
- \_\_\_ \_\_\_ \_\_\_ 2. I hate taking notes, I prefer to just listen to lectures.
- \_\_\_ \_\_\_ \_\_\_ 3. I have difficulty following written solutions on the board, unless the teacher explains all the steps out loud..
- \_\_\_ \_\_\_ \_\_\_ 4. I can remember more of what is said to me than what I see with my eyes.
- \_\_\_ \_\_\_ \_\_\_ 5. The more people explain math to me, the more I get it.
- \_\_\_ \_\_\_ \_\_\_ 6. I don't like reading explanations in my math book, I'd rather have someone explain it to me.
- \_\_\_ \_\_\_ \_\_\_ 7. I tire easily when reading math.
- \_\_\_ \_\_\_ \_\_\_ 8. I wish my math teachers would lecture more and write less on the board.
- \_\_\_ \_\_\_ \_\_\_ 9. I repeat the numbers to myself when mentally working on math problems.
- \_\_\_ \_\_\_ \_\_\_ 10. I can work a math problem out more easily if I talk myself through the problem as I solve it.

\_\_\_\_\_ **Total Score for Auditory Learner**

**My dominant learning channel is** \_\_\_\_\_.  
(enter the category with the highest score)

**My secondary learning channel is** \_\_\_\_\_.  
(enter the category with the second highest score)

**My tertiary learning channel is** \_\_\_\_\_.  
(enter the category with the third highest score)

Taken from Conquering Math Anxiety by Cynthia Arem, 1993, Brooks/Cole, ISBN 0-534-18876-1