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Sensory Preferences You learn with four senses. You may like to learn with only one or two, but research has shown that you benefit most when learning through multiple sensory modes. So it will help to use more than just your preferred senses. High Auditory Low Auditory Low Kinesthetic High Kinesthetic Low Tactile Plant High Tactile Low Visual High Visual How well does it match you? Mostly Accurate **Environmental Preferences** These are simple preferences that don't require further development. For these, simply adjust your learning environment, when reasonable, to suit your strongest preferences. No Intake Likes Intake Low Light 📢 Bright Light Cool Environment Warm Environment Stillness 🦓 Quiet in Background Casual Setting Casual Setting Late in the Day Early in the Day

How well does it match you? Mostly Accurate

Mindset Preferences

These preferences indicate your attitude toward learning and working, and *how* you function best. Mindset includes motivation, focus, how you complete tasks and how you work with others. For some of these preferences, developing your mindset toward one side of the scale is beneficial. For others, developing both sides of the scale is more helpful.

