

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.



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.



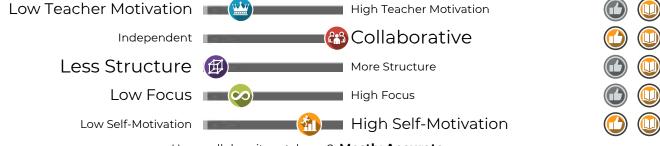
How well does it match you? Mostly Accurate

Mindset Preferences





These preferences indicate your attitude toward learning and working, and howyou 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.



How well does it match you? Mostly Accurate