

MATH 108

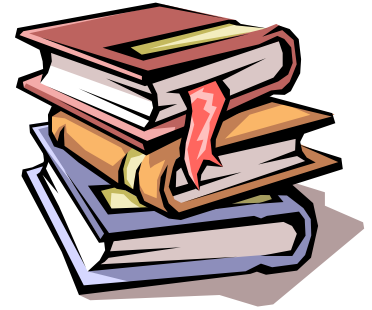
TUTORED MATHEMATICS

LEARNING CHANNELS WORKSHEET

Your Name: _____

USUALLY	SOMETIMES	RARELY
3	2	1

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.

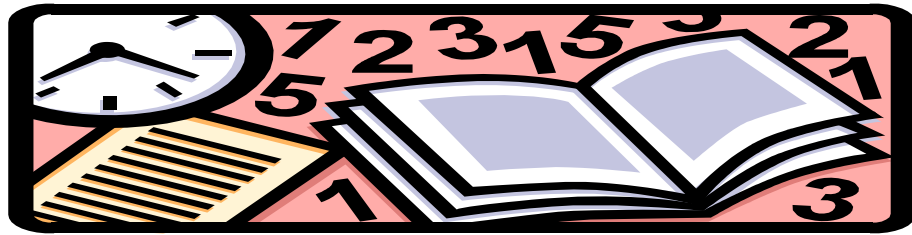


ARE YOU A VISUAL LEARNER?

- | | | | |
|-----|-----|-----|---|
| ___ | ___ | ___ | 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