

Instructions:

Read the descriptions of the following learning styles, and rate them from 1 to 5. 1 being the one you less identify with and 5 the one you identify the most with (results interpretation on last page).

Learning Style	Rank				
Verbal/Linguistic Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Do you always have a book in your bag? - Do you take notes in class? - Do you continuously consult or review the information provided to you? - Do you enjoy debating? <p>This type of intelligence is related to reading, writing, and speaking. The individuals with this learning styles are known for "being good with words".</p>					
Logical/Mathematical Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Are you capable of resolving a math problem in your head? <p>This intelligence is found in people who can easily work with numbers and data. They are also generally calm people who think rationally.</p>					
Spatial/Visual Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Does scribbling or drawing help you listen in class? - Do you always see things you would like to photograph? <p>This intelligence is used to discern patterns, designs in our surroundings, and is found in many artists, architects and choreographers who can visualize an object or event in two or three dimensions and turn it into reality.</p>					
Musical/Aural Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Are constantly tapping you pencil against the desk or drumming with your fingers? <p>This type of intelligence is synchronized with sounds, rhythm and rhymes.</p>					
Physical/Kinesthetic Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Do you practice any sport? - Do you like exercising? - Do you enjoy Physical Education? <p>These learners are physically intelligent, they are someone who is aware of how to use their body well, like many athletes and dancers.</p>					
Interpersonal Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Do you make friends with ease? - Do you always know what your friends think/feel? <p>This intelligence refers to the way someone gets along with other people at social gatherings or in everyday life. This type of learners are characterised for having many friends.</p>					
Intrapersonal Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Do you understand your own reactions in difficult situations and can you control them? - Do you think before you respond? - Are you patient with your own limitations and take care of your self-esteem? <p>Intrapersonal intelligence refers to the type of learners that are conscious and highly analytical of one self. This intelligence is also known as emotional intelligence, which is related to the way you handle your emotions, such as fear and anger.</p>					
Naturalistic Intelligence	1	2	3	4	5
<ul style="list-style-type: none"> - Do you enjoy outdoor activities? - Are you a member of any group or association working for the environment? - Do you love nature? <p>This intelligence describes a person's sensitivity to the world around them.</p>					

Results Interpretation

Scores of 4 or 5 in **Verbal/Linguistic Intelligence** indicate that you prefer to use reading and writing as learning tools.

Scores of 4 or 5 in **Physical/Kinesthetic, Musical/Aural, and Natural Intelligences** indicate that your learning is helped when you receive some training or receive theoretical-practical courses, participation in school or community clubs helps you.

If your score was 4 or 5 in **Spatial/Visual and Logical/Mathematical Intelligences**, it may be beneficial for you to learn by drawing, visualising charts and diagrams, building models or working with your hands.

If your score was 4 or 5 in **Interpersonal and Intrapersonal Intelligences**, you learn best when speaking or discussing with others about your and their experiences, as well as acting or debating. Your intrapersonal intelligence will be useful in any type of training, since you are independent and/or organized; this will help you to maintain your patience and self-esteem when facing different challenges.

Si te calificaste con un 4 ó 5 en las **Inteligencias interpersonal e intrapersonal**, Your intrapersonal intelligence will be useful in any type of training, since you are independent and/or organized; this will help you to maintain your patience and self-esteem when facing different challenges.

High scores in various areas: This means you feel comfortable when mixing or combining different activities and learning styles that fit your personality.

Low scores in all/most areas: You aren't lost, this exercise is meant to help you identify in a simple way how you learn, and which activities or sensations you feel comfortable with. If you still feel that you don't know yourself, don't panic, you can develop each or some of these areas yourself; open yourself to new experiences and activities and do what you most enjoy. On the other hand if you are stronger in one area than in the others, you can always work and experiment to find balance.