

## Personal profile

Circle those that apply to you. Remember, you won't find every learning preference important for you.

<b>cognitive style</b>	wholist	analytic		
	verbalizer	imager		
	unitary	complementary		
<b>learning preferences</b>				
<b>environmental</b>	sound	quiet		
	dim	bright		
	warm	cool		
	formal setting	informal		
<b>emotional</b>	persistence	needing breaks		
	highly motivated	low motivation		
	conforming	nonconforming		
	needs external structure	doesn't need external structure		
<b>sociological</b>	likes to work alone	likes to work with others (in pairs, in a group, or with a mentor)		
	likes routine	likes variety		
<b>Physiological</b>				
<b>perceptual</b>	auditory	visual	tactual	kinesthetic
<b>time-of-day</b>	morning	afternoon	evening	

<b>need for intake</b>	needs snacks	doesn't need snacks	
<b>mobility while learning</b>	needs to move	can sit still	
<b>ability</b>			
<b>reading skill</b>	poor	high	
<b>knowledge</b>	low	moderate	high
<b>working memory</b>	low	high	
<b>motivation and interest</b>	low extrinsic	high extrinsic	intrinsic