

## What is Your Preferred Channel?

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|---|--|--|---|
| 1. My emotions can often be interpreted from my:                | <input type="checkbox"/> Facial expressions  | <input type="checkbox"/> Voice quality   | <input type="checkbox"/> General body tone  |
| 2. I keep up with current events by:                            | <input type="checkbox"/> Reading the newspaper thoroughly when I have time                   | <input type="checkbox"/> Listening to the radio or watching television news                      | <input type="checkbox"/> Quickly reading the paper or spending a few minutes watching the television news |
| 3. If I have business to conduct with another person, I prefer: | <input type="checkbox"/> Face to face meetings or writing letters                            | <input type="checkbox"/> The telephone, since it saves time                                      | <input type="checkbox"/> Conversing while walking, jogging, or doing something else physical              |
| 4. When angry, I usually:                                       | <input type="checkbox"/> Clam up and give others the "silent treatment"                      | <input type="checkbox"/> Am quick to let others know why I'm angry                               | <input type="checkbox"/> Clench my fist, grasp something tightly or storm off                             |
| 5. When driving I:  | <input type="checkbox"/> Frequently check the rear view mirrors and watch the road carefully | <input type="checkbox"/> Turn on the radio as soon as I enter the car                            | <input type="checkbox"/> Can't get comfortable in the seat and continually shift position                 |
| 6. I consider myself:   | <input type="checkbox"/> A neat dresser  | <input type="checkbox"/> A sensible dresser  | <input type="checkbox"/> A comfortable dresser  |
| 7. At a meeting I:  | <input type="checkbox"/> Come prepared with notes and displays                               | <input type="checkbox"/> Enjoy discussing issues and hearing other points of view                | <input type="checkbox"/> Would rather be somewhere else and so spend my time doodling                     |
| 8. In my spare time I would rather:                             | <input type="checkbox"/> Watch television, go to a movie, attend the theatre, or read        | <input type="checkbox"/> Listen to the radio or records, attend a concert, or play an instrument | <input type="checkbox"/> Engage in a physical activity of some kind                                       |
| 9. My most common method of giving an assignment to a class is: | <input type="checkbox"/> In written form   | <input type="checkbox"/> Verbally during a lecture   | <input type="checkbox"/> demonstration of some kind   |
| 10. The most effective way of rewarding students is through:    | <input type="checkbox"/> Positive comments written on their papers                           | <input type="checkbox"/> Oral praise to the student and/or the rest of the class                 | <input type="checkbox"/> A pat on the back, handshake (or some appropriate physical action)               |

**Total number of boxes check**

\_\_\_\_\_ **visual**

\_\_\_\_\_ **auditory**

\_\_\_\_\_ **kinesthetic**