


Understanding Myself



How do I do that? Articles throughout this paper can help you with that. In addition, the activities on this page will help you to better understand yourself and plan for developing your competencies.

How Do I Learn?

Knowing your learning style will help you work more efficiently and with greater ease. Circle the Y (yes) or the N (no) beside each of the following statements. After each section, total your "yes" responses. The section(s) with the most "yes" answers will indicate your preferred learning style(s).

Verbal/Linguistic

- Y N Books are easy to learn from.
 - Y N I learn a lot listening to teachers.
 - Y N I really enjoy explaining, teaching, and learning.
 - Y N I find it easy and fun to learn a new language.
 - Y N I have a good memory for the things I learn.
- Total "yes" answers: _____

Logical/Mathematical

- Y N I am good at solving problems with abstract symbols.
 - Y N I enjoy working with numbers and making calculations.
 - Y N I find it easy to deduce conclusions based on available information.
 - Y N I remember information best when it is numbered and in logical order.
 - Y N I can easily apply new information to existing formulas.
- Total "yes" answers: _____

Visual/Spatial

- Y N Diagrams and drawings help me understand new concepts.
 - Y N Give me a map and I can find my way anywhere.
 - Y N I'd rather watch an expert first, then try a new skill.
 - Y N I can decipher information first when it is charted in a graph or chart.
 - Y N I prefer to explain my ideas by drawing pictures.
- Total "yes" answers: _____

Kinesthetic (Hands-On)

- Y N I learn by doing.
 - Y N The classes I am best at in school involve physical movement.
 - Y N I often learn well by imitating others.
 - Y N I prefer to explain my ideas by acting them out in role play type activity.
 - Y N I enjoy challenging myself by doing physical activities.
- Total "yes" answers: _____

Musical

- Y N I can learn information easily when I put it to music.
- Y N I can't concentrate on work unless there is background music playing.
- Y N I find it easy to recognize rhythms in the sounds I hear.

- Y N I always remember songs I hear on the radio.
 - Y N I can easily reproduce sounds and music I hear.
- Total "yes" answers: _____

Interpersonal

- Y N I learn a lot from discussions.
 - Y N I work more efficiently when in a group.
 - Y N I am perceptive of people's thoughts, desires, and intentions.
 - Y N I learn about others by viewing things from their perspective.
 - Y N I can more easily get information from other people than from books.
- Total "yes" answers: _____

Intrapersonal

- Y N I learn by reflecting quietly upon my thoughts.
 - Y N I remember information more easily when I can relate it to my own experiences.
 - Y N I succeed most often when I rely on my intuition.
 - Y N It's easier for me to talk about my personal feelings rather than discuss abstract concepts.
 - Y N I enjoy spending time by myself contemplating different ideas.
- Total "yes" answers: _____

Okay, you're done, now what?

Tally up your "yes" answers if you haven't already. Then, look at the three sections where you have the most number of "yes" responses. These sections indicate your preferred learning styles. Record them in order below, from highest number of "yes" answers to third highest number of "yes" answers.

My Preferred Learning Styles:

1. _____
2. _____
3. _____

Keep in mind these are only your preferred learning styles, not your "only" learning styles. Nothing is absolute so you won't necessarily use these styles in every situation. It is possible you may use any of the styles at some point or another.

Transferable Skills

Everybody has STRENGTHS and WEAKNESSES. What is important is to first recognize that. Once you do, you'll be in a much better place for understanding what you're good at (thus don't need as much help) and what you're not as good at, so you WILL need some help (NOT A CRIME!).

The most successful people in this world recognize they ARE NOT the expert in every subject so they get help from others when they need it.

The following list contains vital working skills. Read each skill carefully and circle **S** if you feel you are strong in that skill area or circle **N** if you're not so strong in that area and need to work on it.

- S** **COMMUNICATION** **N**
I present information well when writing or speaking.
- S** **TEAMWORK** **N**
I'm cooperative, appreciate other people's ideas, and know how to work towards achieving the goals of the group I'm friendly and think positively.
- S** **TIME MANAGEMENT** **N**
I'm good at scheduling my work and setting goals. I get my papers and my projects in on time.
- S** **PROBLEM SOLVING** **N**
I enjoy defining problems and figuring out solutions.
- S** **ORGANIZATION** **N**
I'm an orderly person. I manage my schoolwork and personal life and always plan ahead.
- S** **LEARNING** **N**
I'm a curious person and when I want to know something, I can figure out how to research the information.
- S** **COMPUTER** **N**
I can work on a computer and use software programs such as spreadsheets, word processors, and databases, and perform searches on the Internet.
- S** **LISTENING** **N**
I follow directions well and understand what other people say.
- S** **CREATIVITY** **N**
I like to think up new ideas and new ways to meet my goals.
- S** **LEADERSHIP** **N**
I'm positive and know how to motivate people to meet goals. I can assign and coordinate projects.
- S** **PLANNING** **N**
I'm good at identifying short- and long-term goals and devising action plans to achieve those goals.

Now, take a look back at the checklist. What were the personal strengths you selected? Whatever they were, take just one more minute to prioritize them in number order from 1 to 10 with the "1" being best.

Write in the top three:

1. _____
2. _____
3. _____

Congratulations, these are your three strongest strengths. You'll want to always improve on them, but these don't need immediate attention.

Write in the bottom three:

1. _____
2. _____
3. _____

You might want to put a little extra effort into these skills. See *Skills, Skills, Skills--How Do I...?* on the next page. The list will help you with ideas on how to strengthen and build on those transferable skills.

You don't want to lose sight of everything in between. All of these skills will come in handy at some point in your future. So, try coming back to this list and do it again later.