

Inspired Life Formula with Nina Lockwood Module 6 Find Your Flow

Learning Style Preference and Brain Hemispheric Preference

Both of the assessments that you're about to take come from the book, How to Learn Anything Quickly and will help you recognize the easiest way for you to take in information, understand it, and remember it.

The first assessment will show you your learning style preference. As you answer the questions, choose the most likely responses. If you find that you could choose more than one answer, do your best to select the more predominant choice. However, you may need to select more than one.

Here we go:

Learning Style Preference

- 1. When you meet a person, what is the first thing you notice about him or her?**
 - a. What he or she looks like, and how he or she dresses.
 - b. How the person talks, what he or she says, for his or her voice period
 - c. How are you feel about that person.
 - d. How the person acts or what he or she does

- 2. Several days after you meet a person, what do you remember the most about him or her?**
 - a. The persons face.
 - b. The person's name.
 - c. How you felt and being with that person even though you may have forgotten the name or face period
 - d. What you and the person did together even though you may have

forgotten their name or their face.

3. When you enter a new room, what do you notice most?

- a. How the room looks.
- b. The sounds or discussion in the room.
- c. How comfortable you feel emotionally or physically in the room.
- d. What activities are going on and what you can do in the room.

4. When you learn something new, which way do you need to learn it?

- a. A teacher gives you something to read on paper or on the board and shows you've books, pictures, charts, maps, graphs, or objects, but there is no talking, discussion, or writing.
- b. The teacher explains everything by talking or lecturing and allows you to discuss the topic and ask questions, but does not give you anything to look at, read, write, or do.
- c. The teacher lets you write or draw the information, touch hands on materials, type on the keyboard, or make something with your hands.
- d. The teacher allows you to get up to do projects, simulations, experiments, Play games, role play, act out real life situations, explore, make discoveries, or do activities that allow you to move around in order to learn.

5. When you teach something to others, which of the following do you do?

- a. You give them something to look at, like an object, picture, or chart, with little or no verbal explanation or discussion.
- b. You explain it by talking but don't give them any visual materials.
- c. You draw or write it out for them or use your hands to explain.
- d. You demonstrate by doing it and having them do it with you.

6. What type of books do you prefer to read?

- a. Books that contain descriptions to help you see what's happening.

- b. Books containing factual information, history, or a lot of dialogue.
- c. Books about character's feelings and emotions, self-help books, books about emotions and relationships or books on improving your mind or body.
- d. Short books with a lot of action, or books that help you excel at a sport, hobby, or talent.

7. Which of the following activities would you prefer to do in your free time?

- a. Read a book or a magazine.
- b. Listen to an audiobook, a radio talkshow, or listen to or perform music.
- c. Write, draw, type, or make something with your hands.
- d. Play sports, build something, or play a game using body movement.

8. Which of the following describes how you can read or study best?

- a. You can study with music, noise, where talking is going on, because you can tune it out.
- b. You cannot study with music, noise or talking going on because you can't tune it out.
- c. You need to be comfortable, stretched out, and can work with or without music, but negative feelings of others distract you.
- d. You need to be comfortable, stretched out, and can work with or without music, but activity or movement in the room distracts you.

9. When you talk with someone, which way do your eyes move?

- a. You need to look directly at the face of the person who is talking to you, and you need that person to look at your face when you talk.
- b. You look at the person only for a short time, and then your eyes move from side to side, left and right.
- c. You'll only look at the person for a short time to see his or her expression, then you look down or away.
- d. You seldom look at the person and mostly look down or away, but if there's movement or activity, you look in that direction.

10. Which of the following describes you best?

- a. You notice colors, shapes, designs, and patterns wherever you go and have a good eye for color and design.
- b. You cannot stand silence, and when it is too quiet, you hum, sing, talk out loud, or turn on the radio, TV, audiotapes or CDs to keep an auditory stimulus in your environment.
- c. You are sensitive to people's feelings, your own feelings get hurt easily and you cannot concentrate when others do not like you, and you need to feel loved and accepted in order to work.
- d. You have a hard time sitting still in your seat and need to move a lot, and if you do have to sit, you will slouch, shift around, tap your feet, or kick or wiggle your legs a lot.

11. Which of the following describes you the best?

- a. You notice when people's clothes do not match or their hair is out of place and often want them to fix it.
- b. You are bothered when someone does not speak well and you are sensitive to the sound of dripping faucets or equipment noise.
- c. You cry at the sad parts of movies or books.
- d. You are restless and uncomfortable when forced to sit still and cannot stay in one place too long.

12. What bothers you the most?

- a. A messy, disorganized place.
- b. A place that is too quiet.
- c. A place that is not comfortable physically or emotionally.
- d. A place where there is no activity allowed or no room to move.

13. What bothers you the most when someone is teaching you?

- a. Listening to a lecture without any visuals to look at.
- b. Having to read silently with no verbal explanation or discussion.
- c. Not being allowed to draw, doodle, touch anything with your hands, or take written notes, even if you never look at your notes again.

d. Having to look and listen without being allowed to move.

14. Think back to a happy memory from your life. Take a moment to remember as much as you can about the incident. After reliving it, what memories stand out in your mind?

- a. What you saw: visual descriptions of people, places and things.
- b. What you heard, such as dialogue and conversation, what you said, and the sounds around you.
- c. Sensation on your skin and body and how you felt physically and emotionally.
- d. What actions and activities you did, the movements of your body, and your performance.

15. Recall a vacation or trip you took. For a few moments remember as much as you can about the experience. After reliving the event, what memories stand out in your mind?

- a. What you saw, such as visual descriptions of people, places and things.
- b. What you heard, such as dialogue and conversation, what you said and the sounds around you.
- c. Sensation on your skin and body and how you felt physically and emotionally.
- d. What actions and activities you did, the movement of your body and your performance.

16. Pretend you have to spend all your time and one of the following places where different activities are going on. In which one would you feel the most comfortable?

- a. A place where you can read; look at pictures, artwork, maps, charts and photographs; do visual puzzles such as mazes, or find the missing portion of a picture; play word games such as scrabble, do interior decoration, or get dressed up.
- b. A place where you can listen to audio tape stories, music, radio or TV talk shows or news; play an instrument or sing; play word games out loud, debate, pretend to be a disc jockey, read aloud, recite speeches or parts from a play or movie, or read poetry or stories out loud.

- c. A place where you can draw, paint, sculpt, or make crafts; do creative writing; do activities that involve your hands, such as playing an instrument, games such as chess, checkers, or board games, or build models.
- d. A place where you can do sports, play ball or action games that involve moving your body, or act out parts in a play or show, do projects in which you can get up and move around, do experiments or explore and discover new things; build things or put together mechanical things; or participate in competitive team activities.

17. If you had to remember a new word, would you remember it best by:

- a. Seeing it.
- b. Hearing it.
- c. Writing it.
- d. Mentally or physically acting out the words.

Scoring instructions:

Total the scores from the assessment as follows (if you get more than one answer for any question, include all of the choices in the total for each letter)

Add up all the answers marked a and write the total: _____

Add up all the answers marked b and write the total: _____

Add up all the answers marked c and write the total: _____

Add up all the answers marked d and write the total: _____

If the “a” category has the highest total, you are a **visual** learner (seeing, watching).

If the “b” category has the highest total, you are an **auditory** learner (listening, talking it out).

If the “**c**” category is your highest total, you are a **tactile** learner (sensation, feeling).

If category “**d**” is your highest score, you are a **kinesthetic** learner (movement, action). Notice your second, third, and lowest tallies. Many people have developed several or all learning styles.

Just a quick recap:

A **visual learner** watches, sees, notices appearances, colors, shapes, forms, likes visual aids, live demonstrations; has a good visual memory.

An **auditory learner** listens, pays attention to words and voices, the way things sound or make noise, likes hearing the spoken word, notices how a person speaks, prefers auditory stimulation to silence.

A **tactic learner** focuses on the sense of touch on the skin, hands and fingers, is aware of feelings, body language, nonverbal communication, physical comfort.

A **kinesthetic learner** gets their whole body involved in learning, using movement and action, is aware of how others act or what they do, uses action words when speaking.

(Hint: If you review the questions with these learning styles in mind you will see how the answers to those questions reveal each particular learning style.

What is your learning style? _____

Brain Hemispheric Preference Assessment

This brain hemispheric preference assessment is also taken directly from the book, *How to Learn Anything Quickly*, by Ricki Linksmart. Just as in the learning style preference assessment, you'll be selecting the choice that's the most natural and comfortable for you.

If you're absolutely sure that both answers equally described you, then select both. Make sure you do not choose both to take the easy way out and rush through the assessment. If you have to choose both answers, do it because you have given it full consideration and are certain that both describe you equally well.

1. Close your eyes. See red. What do you see?

- a. The letters r-e-d or nothing because you could not visualize it.
- b. The color red for a red object.

2. Close your eyes. See three. What do you see?

- a. The letters t-h-r-e-e or the number 3, or perhaps nothing because you could not visualize it.
- b. Three animals, people, or objects.

3. If you play music or sing:

- a. You cannot play by ear and must read notes.
- b. You can play by ear if you need to.

4. When you put something together:

- a. You need to read and follow written directions.
- b. You can use pictures and diagrams or just jump in and do it without using directions.

5. When someone is talking to you:

- a. You pay more attention to words and tune out their nonverbal communication.
- b. You pay more attention to nonverbal communication such as facial expressions, body language, and tone of voice.

6. You are better at:

- a. Working with letters, numbers, and words.
- b. Working with color, shapes, pictures, and objects.

7. When you read fiction, do you:

- a. Hear the words being read aloud in your head?
- b. See the book played as a movie in your head?

8. Which hand do you write with?

- a. Right hand.
- b. Left hand.

9. When doing a math problem, which way is easiest for you?

- a. To work it out in the form of numbers and words.
- b. To draw it out, work it out using hands on materials, or use your fingers.

10. Do you prefer to:

- a. Talk about your ideas?
- b. Do something with real objects?

11. How do you keep your room or your desk?

- a. Neat and organized.
- b. Messy and disorganized to others, but you know where everything is.

12. If no one is telling you what to do, which is more of like you?

- a. You do things on the schedule and stick to it.
- b. You do things at the last minute or in your own time, and/or want to keep working even when time is up.

13. If no one we're telling you what to do:

- a. You would usually be on time.
- b. You would often be late.

14. You like to read a book or magazine:

- a. From front to back.
- b. From back to front or by skipping around.

15. Which describes you best?

- a. You like to tell and hear about events with all the details told in order.
- b. You like to tell them main point of an event, and when others are telling you about an event you get restless if they do not get the main idea quickly.

16. When you do a puzzle or project, do you:

- a. Do it well without seeing the finished product first?
- b. Need to see the finished product before you can do it?

17. Which method of organizing notes do you like best:

- a. Outlining or listing things in order.
- b. Making a mind map, or web, with connective circles.

18. When you were given instructions to make something, if given the choice, would you:

- a. Prefer to follow the instructions?
- b. Prefer to think of new ways to do it and try a different way?

19. When you sit at a desk, do you:

- a. Sit up straight?
- b. Slouch for lean over your desk, lean back in your chair to be comfortable, or stay partly out of the seat?

20. Which describes you best?

- a. Use spell words and write numbers correctly most of the time.
- b. You sometimes mix up letters or numbers or write some words, letters, or numbers in reverse order or backward.

21. Which is more like you?

- a. You speak words correctly and in the right order.
- b. You sometimes mix up words in a sentence or say a different one than what you mean, but you know what you mean.

22. You usually:

- a. Stick to a topic when talking to people.
- b. Change the topic to something else you thought of related to it.

23. You like to:

- a. Make plans and stick to them.
- b. Decide things at the last minute, go with the flow, or do what you feel like at the moment.

24. You like to do:

- a. Art projects in which you follow directions or step-by-step instructions.
- b. Art projects that give you freedom to create what you want.

25. You like:

- a. To play music or sing based on written music or what you learned from others.
- b. Create your own music, tunes or songs.

26. You like:

- a. Sports that have step-by-step instructions or rules.
- b. Sports that allow you to move freely without rules.

27. You like to:

- a. Work step-by-step, in order, until you get to the end product.
- b. See the whole picture or in product first and then go back and work the steps.

28. Which describes you best?

- a. You think about facts and events that really happened.
- b. You think in an imaginative and inventive way above what could happen or what could be created in the future.

29. You know things because:

- a. You learned from the world, other people, or reading.
- b. You know them intuitively, and you can't explain how or why you know.

30. You like to:

- a. Stick to facts.
- b. Imagine what could be.

31. You usually:

- a. Keep track of time.
- b. Lose track of time.

32. You are:

- a. Good at reading nonverbal communication.
- b. Not good at reading nonverbal communication.

33. You are:

- a. Better at directions given verbally or in writing.
- b. Better at directions given with pictures or map.

34. You are better at:

- a. Being creative with existing materials and putting them together in a new way.
- b. Inventing or producing what is new and never existed.

35. You usually work on:

- a. One project at a time, in order.
- b. Many projects at the same time.

36. In which of the following environments would you prefer to work?

- a. A structured environment where everything is orderly, someone is telling you what to do, a time schedule is kept, and you do one project at a time, step-by-step and in order.
- b. An unstructured environment where you have freedom of choice and movement to work on what you want, where you can be as creative and imaginative as you want, keep your belongings anyway you want, and do as many projects as you wish simultaneously, without any set time schedule.

Scoring instructions:

Score 1 point for each question you answered with only “a” and write the total: _____

Score 1 point for each question you answered with only “b” and write the total: _____

If your highest score is in **category a**, you show a preference for using the **left hemisphere** of the brain.

If your highest score is in **category B**, you show a preference for using the **right hemisphere** of the brain.

If your highest score is in the “**tied**” **category**, you show an **integrated use** of both sides of the brain.

If you had almost the same number of checks for a and B, not including the “tied” column, then you may have a mixed preference and are using each side of the brain for different functions. If there are one or two more checks in either side a or b, then you have a mixed preference favoring the right hemisphere or a mixed preference favoring the left.

Choices are: left, right, integrated or tied, mixed preference, mixed preference favoring the right hemisphere, mixed favoring the left hemisphere.

Just to recap:

When you are predominantly left brained, information that comes in is processed through symbols such as letters, numbers, words (language), ideas and concepts; the brain compares, analyzes, organizes, measures, interprets in a linear, time-bound, sequential fashion as it breaks things down into their parts. Sees the details not the big picture.

The right side of the brain deals with sensory experience such as sight, sound, smell without the use of language. Information is non-verbal, outside of normal clock-time. Instead of breaking things down into parts this side synthesizes the parts into a whole, makes use of imagination and invention.

No one is totally one side or another; most of us have learned to use both sides to some degree.

Your preferred brain hemisphere preference here: _____

Take your learning style and your brain hemisphere preference and combine them. Here are the possible combinations that can result:

| | |
|------------------------|-------------------------|
| Visual left-brain | Visual right-brain |
| Auditory left-brain | Auditory right-brain |
| Tactile left-brain | Tactile right-brain |
| Kinesthetic left-brain | Kinesthetic right-brain |

Of course there are also people who may use a combination of these, if your brain hemispheric preference is integrated. The possibilities are:

Visual right and left-brain integrated
 Auditory right and left-brain integrated
 Tactile right and left-brain integrated
 Kinesthetic right and-left brain integrated

It's likely that you use a combination of learning styles. For example, some people can be visual and auditory; others can be tactile and auditory. It's possible to use three or all four learning styles equally and have an integrated preference for both sides of the brain.

Bringing what you've learned about your learning style and hemispheric dominance:

If one of our sensory modalities is weak, we'll be at a disadvantage when we're trying to recognize a variety of details when we recognize new information or messages coming to us from flow. The more we develop all our senses, the more aware we can become to sources of validation or confirmation as we move forward with our lives.

And when our brains are exposed to a wider range of information from all of our sensory input, the plasticity of our brain increases, which means more neural pathways are created, more pattern recognition is possible and more understanding is created.

And finally, when you expand your sensory abilities and create new neural pathways, you're also expanding what are referred to as your inner sensory abilities - that's when you've either closed your eyes or otherwise limited

your external sensory perception and increased your ability, using your inner awareness, to imagine and visualize, even recognize taste and smell, texture and light. That will increase your abilities to recognize those subtle and spiritual energies that waiting for us to recognize them.