

## Sensory Mode Questionnaire

Instructions: In the circles provided beside each statement, write a number ranging from 1 to 5 depending on the extent to which you feel the statement applies to you.

1 = not at all or to a very limited extent, 2 = to a small extent, 3 = to a moderate extent, 4 = to a great extent, 5 = to a very great extent.

Consider each statement strictly on its own merits, without regard to other statements or other factors. If you give a high rating to one statement that does not necessarily prevent you from giving a high number to another statement. Do not hesitate to use numbers at the extremes of the scale.

Try to avoid the "middle of the road" choice of 3

- |                                                                                   |     |                       |
|-----------------------------------------------------------------------------------|-----|-----------------------|
| 1 I learn a lot from listening to presentations, lectures etc                     | (b) | <input type="radio"/> |
| 2 I figure things out best by trial and error                                     | (c) | <input type="radio"/> |
| 3 I prefer to read about a subject rather than someone explain it to me           | (a) | <input type="radio"/> |
| 4 I like to get my hands on something to really understand it                     | (c) | <input type="radio"/> |
| 5 I think in pictures                                                             | (a) | <input type="radio"/> |
| 6 I can assemble something I just bought with out looking at the instructions     | (c) | <input type="radio"/> |
| 7 I have good musical memory for melodies                                         | (b) | <input type="radio"/> |
| 8 Books are easy for me to learn from                                             | (a) | <input type="radio"/> |
| 9 Diagrams and drawings help me understand new concepts                           | (a) | <input type="radio"/> |
| 10 I find it hard to 'tune out' to background noise                               | (b) | <input type="radio"/> |
| 11 I can remember most of what is said in meetings and conversations              | (b) | <input type="radio"/> |
| 12 I enjoy hobbies and leisure activities that involve doing things with my hands | (c) | <input type="radio"/> |
| 13 I prefer to have someone explain something to me rather than read about it     | (b) | <input type="radio"/> |
| 14 The things that I was best at in school involved physical activity             | (c) | <input type="radio"/> |
| 15 I can understand a thing or a solution best if I can visualise it              | (a) | <input type="radio"/> |

Add the values of the 'a', 'b', and 'c' answer.

'a' = Visual ☐      'b' = Auditory ☐      'c' = Kinesthetic ☐

