

The Modality Preferences Instrument

Follow the directions below to get a score that will indicate your own modality (sense) preference(s). This instrument, keep in mind that sensory preferences are usually evident only during prolonged and complex learning tasks.

Identifying Sensory Preferences

Directions: Circle "A" if you agree that the statement describes you most of the time.

1. I prefer reading a story rather than listening to someone tell it. A
2. I would rather watch television than listen to the radio. A
3. I remember names better than faces. A
4. I like classrooms with lots of posters and pictures around the room. A
5. The appearance of my handwriting is important to me. A
6. I think more often in pictures. A
7. I am distracted by visual disorder or movement. A
8. I have difficulty remembering directions that were told to me. A
9. I would rather watch athletic events than participate in them. A
10. I tend to organize my thoughts by writing them down. A
11. My facial expression is a good indicator of my emotions. A
12. I tend to remember names better than faces. A
13. I would enjoy taking part in dramatic events like plays. A
14. I tend to sub vocalize and think in sounds. A
15. I am easily distracted by sounds. A
16. I easily forget what I read unless I talk about it. A
17. I would rather listen to the radio than watch TV. A
18. My handwriting is not very good. A
19. When faced with a problem, I tend to talk it through. A
20. I express my emotions verbally. A
21. I would rather be in a group discussion than read about a topic. A
22. I prefer talking on the phone rather than writing a letter to someone. A
23. I would rather participate in athletic events than watch them. A
24. I prefer going to museums where I can touch the exhibits. A
25. My handwriting deteriorates when the space becomes smaller. A
26. My mental pictures are usually accompanied by movement. A
27. I like being outdoors and doing things like biking, camping, swimming, hiking etc. A
28. I remember best what was done rather than what was seen or talked about. A
29. When faced with a problem, I often select the solution involving the greatest activity. A
30. I like to make models or other hand crafted items. A
31. I would rather do experiments rather than read about them. A
32. My body language is a good indicator of my emotions. A
33. I have difficulty remembering verbal directions if I have not done the activity before. A

Interpreting the Instrument's Score

Visual Score: Total the number of "A" responses in items 1-11 _____

Auditory Score: Total the number of "A" responses in items 12-22 _____

Tactile/kinesthetic score: Total the number of "A" responses in items 23-33 _____

- If you scored a lot higher in any one area: This indicates that this modality is very likely your preference during a protracted and complex learning situation.
- If you scored a lot lower in any one area: This indicates that this modality is not likely to be your preference(s) in a learning situation.
- If you got similar scores in all three areas: This indicates that you can learn things in almost any way they are presented.

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