



# Which senses do you make most use of in learning?

Rate the following answers by using the numbers 1 to 4 where 4 is the figure which describes you best. So you place 10 points to each item, in the test the total is 100 points.

- 4 Most like you.
- 3 Second most like you
- 2 Third most like you
- 1 Least like you.

## A

**I make my important decisions and judgements:**

♥		when I can see all options and sense which is right
♠		when one of the options sounds correct and at the same time familiar
♦		when I can survey the different options and pick the most likely
♣		after a precise and carefully study of the circumstances

## B

**During a conversation I am most likely to be intimidated by:**

♠		the voice of or the way the other person communicates
♦		the face expressions or the body language as a whole
♣		arguments making sense
♥		sensing what the other person really feels

## C

**The best way to express what goes on inside me is:**

♦		by using pictures which illustrates the way I look at things
♥		by being honest about what I feel and sense
♣		to clearly express what I think and what my attitudes are
♠		by using my voice and tonation in a describing way



### D

If I had to choose, which task would be the easiest for me to accomplish:

♠		pick the correct sound and volume on a Hi-Fi
♣		pick the intellectually most relevant object in a prime subject
♥		testing and choosing the most comfortable furniture
♦		choosing the most beautiful colours and colour combinations

### E

I am:

♠		very alert about surrounding noises
♣		very carefull getting new information and data making sense
♥		sensitive about how clothes feel when touching my skin
♦		extremely influenced by colour and how they look in a room

### F

When I have to learn how to use new equipment or tools I prefer to:

♦		observe another person using it to see how it works
♠		hear about what it can do and how to use it
♣		get a logically written manual which is easy to follow
♥		get right into it and learn by using my hands

### G

If I have to learn something new I would prefer to:

♦		go through the subject getting it illustrated by drawings, pictures and graphics
♣		that the subject is structured in a logical way and it has been supported by facts
♠		have a good teacher who knows how to use his voice to engage and motivate
♥		have lectures/sessions of mainly practical activities whereby I get the opportunity to use my body



## H

**If I was to imagine a trip to the beach on a hot summer day, the first thing coming into my mind would be:**

♠		the sound of the waves and seagulls, adults and children having a good time
♥		the way the hot sand feels, sensing the hot breeze touching my skin and the scent of saltwater and sunlotion
♦		clear pictures of the blue sea, the white sand, children and adults with their blankets and toys
♣		wondering how the trip would be and spending the time on the beach

## I

**The most important way for me to discover that my spouse or partner loves me is by:**

♥		getting touched in a certain way
♦		attitude and the expression in the eyes
♠		being told in a certain tonation or voice
♣		letting you know the reaons why you are loved

## J

**I am good at:**

♥		sensing my body and the way I feel
♦		picturing objects in my mind and remembering people and places
♠		Remembering what people have told me and citing them afterwards
♣		Acknowledging assignments and targets of the highest priority and getting them sorted



## Test result:

Fill in the table below with the numbers from your answers bearing in mind that the maximum points for one category is 40. If done correctly you can have maximum 40 points on one category. You can read about the dominating senses below on the last page.

	♦	♠	♥	♣
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
I ALT				
	See <b>Visual</b>	Hear <b>Audio</b>	Feel <b>Kinaesthetic</b>	Audio Digital <b>Analytic</b>



# The dominating senses

## The visuelle

The Visual kind often sits or stands in an upright position or with their head raised. They are breathing with the top section of their lungs which is spotted easily by watching the upper body. They often place themselves way forward when seated and have the tendency of being very organised. They remember things by picturing it and are normally not disturbed by sounds or any kind of noise. The way things look is very important. If something looks interesting they will be interested. They are often lean and very slim looking.

They speak with a selected group of words and in a high tone compared to other senses. The use of words and sentences discloses a picturesque way of thinking. Often they have difficulties in remembering verbal instructions and are easily bored by them as they tend to daydream and fantasise. They are interested in what happens around them.

## The auditive

The auditive kind are moving their eyes from side to side a lot. Breathing is located in the area around the diaphragm. They typically speak to themselves, some might even do it with their lips moving. Interruptions in the rhythm of speech often occurs. They are known by err's and hmm's. They are easily interrupted by noises. They learn by listening, love to talk and listen to music. They memorise things by stepped procedures, sequences etc. They are responding on certain tonage and choice of words. They are eager to know what you are about to tell them if it sounds interesting. They can easily repeat what others have told and will often be good at imitating voices and way of speech.

## The kinetic

The kinetic person will often look down to their right. They will typically breathe with the bottom part of the lungs, noticeable in the stomach region. They move and talk more slowly than other "senses" and are especially aware of physical acknowledgements like touching and caress. They will often physically place themselves close to other people more than the visual type would. Remembering by doing it themselves and by repeating it to themselves. Speaks slowly and with plenty of air. They often underline subjects by use of certain words and phrases. Doing things and running through things in a practical way is their best way of learning. They would be interested in things if the situation looks right.

## The auditive digital

The AD's will often be looking down to their left side. They spend quite some time talking to themselves and take an interest in things which make sense. They memorise things by procedures and sequences. They want to know if a situation makes sense, is relevant, reasonable, logical etc. It means a lot that information and argumentation is well spoken and well supported. They might show characteristics of other senses. They wish to learn and understand. They speculate and evaluate. They often talk in long and complicated sentences. They tend to speak in a monotone way.

This learning test has created by Sport-psychologist S. Sehested and with his permission Nils Tamber Golf can use it.