

Memletic Styles Questionnaire - Instructions and information

Instructions:

This Excel workbook will help you identify your preferred learning styles. To complete the questionnaire, follow these instructions:

- 1 Use the tabs at the bottom of the workbook to move between the sections
- 2 Click on the Questions tab to start the questions
- 3 Answer each statement by typing 0, 1, or 2 into each answer box. Use these ratings as a guide when you answer each statement:
 - 0 - the statement is nothing like me
 - 1 - the statement is partially like me
 - 2 - the statement is very much like me
- 4 Once you've answered the questions (all 70), click the Styles Graph tab to see the results
- 5 If you'd like to find out more about the Memletics Manual and Memletic Styles, see below

What is Memletics?

The Memletics project aims to provide accelerated learning tools to the global community. The Memletics Manual is the primary reference for Memletic learning. Based on the most up-to-date research available to 2003, it's a practical guide to help you learn faster and increase your memory performance. Rich in examples (the word "example" is used over 300 times), you'll find many ways to improve your learning and memory in school, work, recreation or sports.

The manual describes Memletics in detail. The first chapter provides an overview of Memletics, and includes a detailed listing of many activities in which you can apply Memletics. The second chapter describes how to get yourself in Memletic State - the optimum state for learning. The third chapter explains the Memletic Process - the steps you take to learn any topic. The forth chapter contains the Memletic Techniques - grouped into associate, visualize, verbalize, simulate, perform and repeat techniques. The fifth chapter, on Memletic Styles, helps you find your stronger and secondary learning styles, and describes how to make the most of those styles. The sixth chapter, Memletic Approach, provides a way to plan and track your learning activities. The last chapter helps you resolve common learning challenges such as motivation, fear and nervousness, mistakes, pressure and assumptions.

Some specific examples of what you will find in this book:

- Choose from over forty specific exploration techniques and over thirty reinforcing techniques (and many others).
- Find out the latest research on which dietary supplements can help improve memory. Learn how to avoid the ones that don't work.
- Learn the secrets behind expensive concentration and memory programs, and how you can get similar benefits at a fraction of the cost.
- Learn about software technologies such as SuperMemo and Mind Manager, and how you can use these for maximum effect in your learning.
- Learn how to optimize repetition in your learning activities.

This book *will* change the way you learn.

Find more information at:

<http://www.memletics.com/>

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Memletic Styles Quiz - Questions

#	Description	Score
1	You have a personal or private interest or hobby that you like to do alone.	2
2	You put together itineraries and agendas for travel. You put together detailed lists, such as to-do lists, and you number and prioritise them.	1
3	Jingles, themes or parts of songs pop into your head at random	1
4	Maths and sciences were your preferred subjects at school.	2
5	You are happy in your own company. You like to some things alone and away from others.	1
6	You enjoy learning in classroom style surroundings with other people. You enjoy the interaction to help your learning.	2
7	You like to read everything. Books, newspapers, magazines, menus, signs, the milk carton etc.	1
8	You can easily visualise objects, buildings, situations etc from plans or descriptions.	2
9	You are goal oriented and know the directions you are going.	2
10	You prefer team games and sports such as football/soccer, basketball, netball, volleyball etc.	1
11	You navigate well and use maps with ease. You rarely get lost. You have a good sense of direction. You usually know which way North is.	2
12	You prefer to study or work alone.	2
13	You like being a mentor or guide for others.	2
14	You spend time alone to reflect and think about important aspects of your life.	2
15	In regular conversation you frequently use references to other things you have heard or read.	0
16	You enjoy finding relationships between numbers and objects. You like to categorise or group things to help you understand the relationships between them.	2
17	You keep a journal or personal diary to record your thoughts.	1
18	You communicate well with others and often act as a mediator between them.	2
19	You love sport and exercise.	2
20	You like to listen. People like to talk to you because they feel you understand them.	1
21	You like listening to music - in the car, studying, at work (if possible!).	2
22	You can balance a chequebook, and you like to set budgets and other numerical goals.	2
23	You have a number of very close friends.	1
24	You use lots of hand gestures or other physical body language when communicating with others.	1
25	English, languages and literature were favourite subjects at school.	1
26	You like making models, or working out jigsaws.	2

#	Description	Score
27	You prefer to talk over problems, issues, or ideas with others, rather than working on them by yourself.	0
28	Music was your favourite subject at school	0
29	In school you preferred art, technical drawing, geometry.	1
30	You love telling stories, metaphors or anecdotes	1
31	You like identifying logic flaws in other people's words and actions.	0
32	You like using a camera or video camera to capture the world around you.	2
33	You use rhythm or rhyme to remember things, eg phone numbers, passwords, other little sayings.	1
34	In school you liked sports, wood or metal working, craft, sculptures, pottery.	1
35	You have a great vocabulary, and like using the right word at the right time	1
36	You like the texture and feel of clothes, furniture and other objects.	2
37	You would prefer to holiday on a deserted island rather than a resort or cruise ship with lots of other people around.	1
38	You like books with lots of diagrams or illustrations.	1
39	You easily express yourself, whether its verbal or written. You can give clear explanations to others.	1
40	You like playing games with others, such as cards and board games.	1
41	You use specific examples and references to support your points of view.	1
42	You pay attention to the sounds of various things. You can tell the difference between instruments, or cars, or aircraft, based on their sound	0
43	You have a good sense of colour.	2
44	You like making puns, saying tongue-twisters, making rhymes.	0
45	You like to think out ideas, problems, or issues while doing something physical.	2
46	You read self-help books, or have been to self-help workshops or done similar work to learn more about yourself.	0
47	You can play a musical instrument or you can sing on (or close to) key	0
48	You like crosswords, play scrabble and word games.	2
49	You like logic games and brainteasers. You like chess and other strategy games.	1
50	You like getting out of the house and being with others at parties and other social events.	2
51	You occasionally realise you are tapping in time to music, or you naturally start to hum or whistle a tune. Even after only hearing a tune a few times, you can remember it.	0
52	You solve problems by "thinking aloud" - talking through issues, questions, possible solutions etc.	1
53	You enjoy dancing.	1

#	Description	Score
54	You prefer to work for yourself - or you have thought a lot about it.	1
55	You don't like the sound of silence. You would prefer to have some background music or other noises over silence.	2
56	You love the theme park rides that involve lots of physical action, or you really hate them because you are very sensitive to the effect the physical forces have on your body.	1
57	You draw well, and find yourself drawing or doodling on a notepad when thinking.	1
58	You easily work with numbers, and can do decent calculations in your head.	2
59	You use diagrams and scribbles to communicate ideas and concepts. You love whiteboards (and colour pens).	1
60	You hear small things that others don't.	0
61	You would prefer to physically touch or handle something to understand how it works.	2
62	You are OK with taking the lead and showing others the way ahead.	1
63	You easily absorb information through reading, audiocassettes or lectures. The actual words come back to you easily.	1
64	You like to understand how and why things work. You keep up to date with science and technology.	2
65	You are a tinkerer. You like pulling things apart, and they usually go back together OK. You can easily follow instructions represented in diagrams.	2
66	Music evokes strong emotions and images as you listen to it. Music is prominent in your recall of memories	2
67	You think independently. You know how you think and you make up your own mind. You understand your own strengths and weaknesses.	2
68	You like gardening or working with your hands in the shed out the back.	1
69	You like visual arts, painting, sculpture. You like jigsaws and mazes.	2
70	You use a specific step-by-step process to work out problems.	2

End of questions - go to the Styles Graph page (click tab below) to see the results

Find more information at:
<http://www.memletics.com/>

Memletic Styles Quiz - Score Sheet

1							2
2					1		
3			1				
4					2		
5							1
6						2	
7		1					
8	2						
9							2
10						1	
11	2						
12							2
13						2	
14							2
15		0					
16					2		
17							1
18						2	
19				2			
20						1	
21			2				
22					2		
23						1	
24				1			
25		1					
26				2			
27						0	
28			0				
29	1						
30		1					
31					0		
32	2						
33			1				
34				1			
35		1					
Total	7	4	4	6	7	9	10

36				2			
37							1
38	1						
39		1					
40						1	
41					1		
42			0				
43	2						
44		0					
45				2			
46							0
47			0				
48		2					
49					1		
50						2	
51			0				
52		1					
53				1			
54							1
55			2				
56				1			
57	1						
58					2		
59	1						
60			0				
61				2			
62						1	
63		1					
64					2		
65	2						
66			2				
67							2
68				1			
69	2						
70					2		
Total	9	5	4	9	8	4	4

Overall Totals:

Visual	Verbal	Aural	Physical	Logical	Social	Solitary
16	9	8	15	15	13	14

Add total lines from the columns above.

Find more information at:

<http://www.memletics.com/>

Memletic Styles Quiz - Results Graph

Your overall scores:

Visual Style	16 / 20
Aural Style	8 / 20
Verbal Style	9 / 20
Physical Style	15 / 20
Logical Style	15 / 20
Social Style	13 / 20
Solitary Style	14 / 20

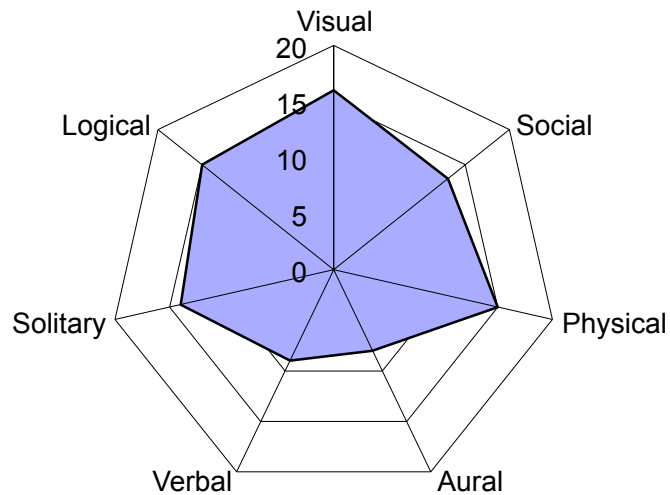
Are learning styles the answer to faster learning?

In our view, learning styles should help you adapt how you learn. We don't believe they are a learning system by themselves. Memletics has five core parts which help you learn faster. Learning Styles are just one of those parts.

To understand more, visit

<http://www.memletics.com/manual/contents.asp>

Memletic Styles Graph:



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