



Neurolinguistic Learning Channel Profile

Instructions: Please place an "X" next to characteristics that relate to yourself.

Visual

1. ___ Likes to keep written records
2. ___ Typically reads billboards while driving or riding
3. ___ Puts model together correctly using written directions
4. ___ Follows written recipe easily when cooking
5. ___ Writes on napkins in restaurants
6. ___ Can put bicycle together from a mail order house using only written directions provided
7. ___ Review for a test by writing a summary
8. ___ Commits a zip code to memory by writing it
9. ___ Uses visual images to remember names
10. ___ A bookworm
11. ___ Plans the upcoming week by making a list
12. ___ Prefers written directions from employer
13. ___ Prefers to get a map and find own way in a strange city
14. ___ Prefers reading/writing games like scrabble

Auditory

1. ___ Prefers to have someone else read instructions when putting model together
2. ___ Reviews for a test by reading notes aloud or by talking to others
3. ___ Talks aloud while working out a math problem
4. ___ Prefers listening to CD over reading a book
5. ___ Commits ZIP code to memory by repeating it
6. ___ Uses rhyming words to remember names
7. ___ Review for a test by writing a summary
8. ___ Talks to self
9. ___ Prefers oral directions from employer
10. ___ Stops at a service station for directions in a strange city
11. ___ Prefers talking/listening games
12. ___ Keeps up with the news by listening to the radio
13. ___ Able to concentrate deeply on what another is saying
14. ___ Uses free time while talking with others

Kinesthetic

1. ___ Likes to build things
2. ___ Uses sense of touch to put a model together
3. ___ Can distinguish items by touch when blindfolded
4. ___ Learns touch system rapidly when typing
5. ___ Moves with the music
6. ___ Doodles and draws on any available paper
7. ___ An out of doors person
8. ___ Moves easily coordinated
9. ___ Spends large amount of time on crafts
10. ___ Likes to feel texture of clothes and furniture
11. ___ Prefers action activities
12. ___ Finds it very easy to keep fit physically
13. ___ Fastest in the group to learn a new physical skill
14. ___ Uses free time for physical activities