

Attending

(Motivation to Learn)

1. Question 1

I do not like to participate in workshops or training courses unless the subject really interests me.

I often find myself daydreaming when a trainer or facilitator is speaking.

2. Question 2

I can usually concentrate when I want to.

A noisy environment usually irritates me and breaks my concentration.

3. Question 3

I like to know what I will get out of it before I give my full attention.

I tend not to ask questions in a group of people, even if I do not understand.

4. Question 4

I ask questions to clarify information when it is needed.

I often find myself doodling or drawing.

5. Question 5

I find that diagrams and models are useful in training.

People often fidget a lot in the training room.

6. Question 6

I like to start and finish on time, and work hard in between.

I often think about things other than what is being discussed in a training class or workshop.

7. Question 7

People who talk and do not pay attention when they are in a class annoy me.

I sometimes need to be given instructions for activities or exercises twice.

8. Question 8

I try to look for the relevance of what is being presented.

Many course presenters are not very good at holding my attention.

Translating

(Learning Reliance)

9. Question 9

- I often find other people's ideas more useful or interesting than my own.
- In a formal training environment, I prefer to work with a group.

10. Question 10

- I always like it when a trainer spells out clear learning objectives and outcomes.
- In a formal training environment, I prefer to work independently.

11. Question 11

- I prefer lectures to group activities or discussion.
- I am happy to be given a wide range of pre-reading material before a course.

12. Question 12

- In a formal training environment, I prefer to work with well-structured presentation notes and handouts.
- You almost always meet really interesting people in a training class.

13. Question 13

- I enjoy seminars in which ideas can be freely exchanged.
- Some course leaders don't have all the information when you ask them questions.

14. Question 14

- I am often attracted to a course that has a well-structured curriculum.
- I could quite easily take courses on my own, via distance learning.

15. Question 15

- I am happy to be given work assignments or projects involving one or two other people.
- I like to set my own learning goals.

16. Question 16

- I often volunteer for role-plays if they are part of the training course.
- I usually decide pretty quickly which information is useful to me and which is not.

17. Question 17

- I am happy to listen to a presentation that includes complex information.
- I tend to study more effectively when I'm working with others.

18. Question 18

Learning is usually more effective when the subject is fully discussed or debated in a group.

I'm comfortable taking a leadership role in group discussions.

19. Question 19

I am rarely comfortable in loosely-defined brainstorming sessions.

I can often ask probing and incisive questions about the information that is being presented.

20. Question 20

I like to check facts or learning conclusions with others before I decide for myself.

I often get my best ideas by talking them out with others.

Relating

(Data Perception)

21. Question 21

When relaxing, I prefer to watch a film or go to see a play.

When relaxing, I prefer to listen to music or the radio.

22. Question 22

If I'm lost or need directions, I prefer having a map.

When relaxing, I prefer to play games or sports.

23. Question 23

I like course information presented in diagrams and pictures.

I often like to be doing something with my hands when I'm listening or talking.

24. Question 24

I prefer to talk to people face-to-face.

I am often impatient to speak, and I often finish other people's sentences.

25. Question 25

I enjoy talking to people on the phone for long periods of time.

I prefer many short breaks in a class so that I can move around.

26. Question 26

When bored, I tend to doodle or watch something.

I like to get involved in physical activity during a training class.

27. Question 27

- If I'm lost or need directions, I need to be told.
- I'm not good at sitting still for long periods of time.

28. Question 28

- I am quite happy to listen to a long presentation or lecture.
- If I am lost or in need of directions, I prefer to be shown the way.

29. Question 29

- I tend to forget names and remember faces.
- I find background music helpful when we are doing group exercises in a training class.

30. Question 30

- I often forget faces but remember names.
- I make gestures and use my hands when I am speaking.

31. Question 31

- I'm not good at listening to others.
- I like outdoor activities and exercises, where you can 'get your hands dirty'.

32. Question 32

- I often find that a video is a useful addition to most courses.
- I talk to myself sometimes.

Understanding

(Information Synthesis)

33. Question 33

- I am good at seeing the big picture.
- It is important to include the details, as much as you can.

34. Question 34

- I often see relationships between ideas.
- It is usually best to focus and to concentrate.

35. Question 35

- It is important to read between the lines.
- I can often easily recall facts and figures.

36. Question 36

- Learning presents lots of options and possibilities.
- I like direct and practical answers to my questions.

37. Question 37

- It is important to 'go with the flow' most of the time.
- I like things to be ordered in a step-by-step sequence.

38. Question 38

- I don't like having to explain myself in detail.
- I like to be prepared.

39. Question 39

- I often don't know why I do some things.
- I usually prefer to deal with one thing at a time.

40. Question 40

- I quickly get bored when a course leader spends time on minor details.
- I can get frustrated by opinion expressed as fact.