

^ H \] g ^ D ^ U W Y ^] g ^ U ^ N c c ^ I ^ V m ^ G a U ^ ^ Y

Directions:

In all four of the boxes below, circle each word that describes you. Go with your gut
] b g h] b W h " ^ 8 c b N h ^ X Y ^] V Y f U h Y ^ U ^ ^ c b [^ h] a Y ^ c b ^ U b
 of circles in each box, double number, and write in the space provided in each box.
 Then, record your scores in the lines provided below the boxes.

Box 1

Box 2

<p>Takes Charge Bold Determined Purposeful Assertive Leader Decision Maker Firm Enterprising Goal-Driven Competitive Self-reliant Enjoys Challenges Adventurous</p> <p style="text-align: center;"><i>" Let ' s do it n</i></p> <p>Double the number circled _____</p>	<p>Deliberate Discerning Controlled Detailed Reserved Analytical Predictable Inquisitive Practical Precise Orderly Persistent Factual Scheduled</p> <p style="text-align: center;"><i>" How was it done i</i></p> <p>Double the number circled _____</p>
<p>Takes Risks Fun-loving Visionary Likes Variety Motivator Promoter Enjoys Change Creative Very Verbal Mixes easily Group Oriented Energetic Avoids Details Optimistic</p> <p style="text-align: center;"><i>" Trust me! I t ' l l</i></p> <p>Double the number circled _____</p>	<p>Loyal Adaptable Non demanding Sympathetic Good Listener Thoughtful Avoids Conflict Nurturing Enjoys Routine Patient Dislikes Change Tolerant Deep Relationships Even Keel</p> <p style="text-align: center;"><i>" Let ' s keep things</i></p> <p>Double the number circled _____</p>

Box 3

Box 4

Box 1 Score: _____

Box 2 Score: _____

Box 3 Score: _____

Box 4 Score: _____

Î H \] g ' D ` U W Y '] g ' U ' N c c ° Î ' fl 7 c b h] b

Characteristics of Lions (Box 1): Î @] c b g ' Z Y Y ` ' j Y f m ' g h f c b [` m ' h \ U
c Z ' d f c V ` Y a g ' h c ' g c ` j Y ' c f ' W \ U ` ` Y b [Y g ' h \ Y m ' b Y Y X
i @] c b g ' U f Y ' V c f b ' ` Y U X Y f g "
i @] c b g ' `] _ Y ' hings with immediate results. h \
i @] c b Ñ g ' h] a Y '] g ' B C K °
i @] c b g ' U f Y ' X Y W] g] j Y "
i @] c b g ' k F U Y b U X Y h f \ Y g ' length communication.
i @] c b g ' c Z h Y b ' Z Y Y ` ' h \ f Y U h Y b Y X ' V m ' e i Y g h] c b g
i @] c b g ' U f Y ' b c h ' U Z f U] X ' c Z ' d f Y g g i f Y ' c f ' W c b Z

Beaver Profile (Box 2): Î K] h \ ` V Y U j Y f g ' m c i ' U ` k U m g ' _ b c k ' k \ Y
can depend on them to be predictable in their actions, emotions, and
U h h] h i X Y g " Î
i 6 Y U j Y f g ' \ U j Y ' U ' [f Y U h ' g Y b g Y ' c Z ' \ i a c f ž ' V i h
catch it.
i 6 Y U j Y f g ' _ Y Y d ' n their emotions. k U h W \ ` c
i 6 Y U j Y f g ' U W h i U ` ` m ' f Y U X '] b g h f i W h] c b ' V c c _ g °
i 6 Y U j Y f g ' `] _ Y ' h c ' a U _ Y ' W U f Y Z i ` ' X Y W] g] c b g "
i 6 Y U j Y f g ' `] _ Y ' i g] b [' h \ Y] f ' W f] h] W U ` ' g _] ` ` g
i 6 Y U j Y f g ' `] j Y ' V m ' h \ Y ' a c h h c ' Î ` Y h Ñ g ' X c '] h ' f
i 6 Y U j Y f g ' c Z h Y b ' h i f b ' U b [Y f '] b k U f X "
i 6 Y U j Y f g ' U s j tend to focus on the past.

< c k ' Ð V c i h ' h \ c g Y Î C h h Y f f g ' fl 6 d i ' Y i W Y ` ` Y b h ' a c h] j U h
W U d h] j U h Y ' U b ' U i X] Y b W Y ' c f ' Y b W c i f U [Y ' g c a Y c b Y ' k
i C h h Y f g ' ^ i g h ' k U b h ' h c ' \ U j Y ' Z i b " ' fl Î @] [\ h Y b '
i C h h Y f g ' U f Y ' [f Y U h ' s to action. c h] j U h] b [' c h \ Y f
i C h h Y f g ' h Y b X ' h c ' U j c] X ' h \ Y ' Z] b Y ' d f] b h " ' fl Î K
i C h h Y f g ' Z c W i g ' c b ' h \ Y ' Z i h i f Y "
i C h h Y f g ' h Y b X ' h c ' U j c] X ' W c b Z f c b h U h] c b ' U h ' U `
i C h h Y f g ' U f Y ' h f Y a Y b X c i g ' b Y h k c f _ Y f g "
i C h h Y f g ' U f Y ' j Y f m ' g i g W Y d h] V ` Y ' h c ' d Y Y f ' d f Y g

Golden Qualities of Retrievers (Box 4): Î C Z ' U ` ` ' h \ Y ' U b] a U ` g '] b ' h \
golden retrievers can absorb the most emotional pain and still maintain their
W c a a] h a Y b h ' h c ' U b c h \ Y f ' d Y f g c b " Î
i 5 V c j Y ' U ` ` ž ' [c ` X Y b ' f Y h f] Y j Y f g ' U f Y ' ` c m U ` "
i ; c ` X Y b ' f Y h f] Y j Y f g ' close relationships. f c b [' b Y Y X ' Z c f
i ; c ` X Y b ' f Y h f] Y j Y f g ' \ U j Y ' U ' X Y Y d ' b Y Y X ' h c ' d `
i ; c ` X Y b ' f Y h f] Y j Y f g ' \ U j Y ' \ Y U f h g ' Z i ` ` ' c Z ' W c
i ; c ` X Y b ' f Y h f] Y j Y f g ' X Y Z] b Y ' h \ Y ' k c f X ' 5 8 5 D H 5
i ; c ` X Y b ' f Y h f] Y j Y f g ' c Z h Y b ' f Y U W h ' h c ' g i X X Y b '
i ; c ` X Y b ' f Y h f] Y j Y f g ' only for what they feel is right V V

Barbe Modality Checklist

(for ages 9 and over)

A Key to How You Learn

Listed below are 10 incomplete sentences followed by three possible endings for each.

Each sentence carries 10 points, to be distributed over the three possible endings. Give the greatest number of points to the ending which best describes you, and the least number of points to the ending that is least like you.

Sample

If you are a person who must "feel" information that is presented — who learns by doing — you might score the following sample sentence as shown. If you learn better by holding an object under discussion or witnessing the movement of the speaker's lips than from written instructions, you would distribute the 10 points to the sample accordingly.

I wish people would: 4 look at me when they speak instructions.
 1 write instructions to me.
 5 let me handle a real example of an object they are describing.

If one ending describes you completely, mark it with a 10 and put a 0 by the other two endings. Remember that the marks for each sentence must total 10.

Test

	Column 1	Column 2	Column 3
1. My emotions can be interpreted by:	— facial expression.	— voice quality.	— general body tone.
2. My hobbies, outside interests include:	— reading, artwork, watching TV, movies.	— listening to music, playing instruments.	— sports, active games, handwork.
3. The part of school I do best is:	— reading and writing.	— group discussion, music.	— gym, art, lab science.
4. When studying I prefer:	— working alone; underlining, highlighting books and notes.	— working with someone else, asking and answering one another's questions.	— working alone for short periods of time interspersed with breaks; rewriting notes.
5. When angry, I:	— use silent treatment, either glare or look away.	— shout, whine, turn up volume of TV or stereo.	— react physically, clench fist, stamp out of room.
6. When explaining something, I:	— describe in detail; see color, size, shapes.	— tell more than I ever knew before; repeat self.	— give minimum information; information has to be pried out.
7. When examining something new, I:	— move closer to it, look from every angle.	— ask questions about it.	— handle it, turn it over, want to feel texture, weight.
8. In a social group, I:	— watch others; cease talking when several others begin.	— talk at the same time as others; talk louder as noise increases.	— put hands on others, move frequently, suggest doing something.
9. When excited, I:	— demand my attention, some visible reaction; sentences get choppy.	— talk rapidly, give little or no time.	— cannot stand or sit still, use hand and arm movement for response.
10. When looking for encouragement or reward, I:	— look for a smile, must have me see accomplishment.	— need verbal praise.	— need a hug, a pat on the back.
Total	—	—	—

Scoring

Total each column. If your highest total is in Column 1, you learn easiest through the visual channel. If your highest total is in Column 2, your auditory channel is the most efficient for learning. If your highest total is in Column 3, you are a kinesthetic learner.

Return now to the learning modalities article to learn how to use your channel to the best advantage.

Adapted with permission of author Walter B. Barbe, Ph.D., 410 Broad St., Honesdale, PA 18431, November, 1990.

I love to . . .Worksheet (What are you passionate about?)

Put a check in the box next to the statement that best expresses what you love to do.

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Design and Develop - I love to make something out of nothing. I enjoy getting something started from scratch.	
Pioneer - I love to test and try out new concepts. I am not afraid to risk failure.	
Organize - I love to bring order out of chaos. I enjoy organizing something that is already organized.	
Operate/Maintain - I love to efficiently maintain something that is already started.	
Serve/Help - I love to assist others in their responsibility. I enjoy helping others succeed.	
Acquire/Possess - I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.	
Excel - I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.	
Influence - I love to convert people to my way of thinking. I enjoy shaping attitudes and behavior of others.	
Perform - I love to be on stage and receive the attention of others. I enjoy being in the limelight.	
Improve - I love to make things better. I enjoy taking something that someone else has designed or started and improve it.	
Repair - I love to fix what is broken or change what is out of date.	
Lead/Be in Charge - I love to lead the way, oversee and supervise. I enjoy determining how things will be done.	
Persevere - I love to see things to completion. I enjoy persisting at something until it is finished.	
Follow the Rules - I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.	
Prevail - I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.	