

Understanding Yourself as a Student

Name: _____

Please go to the website below and complete the following two self-assessments that should take about 10-15 min. (**What's your learning style?** and **Which study habits can you improve?**).

<http://www.educationplanner.org/students/self-assessments/index.shtml>

"What's your learning style?" Assessment

1. What were your results for the following learning styles? For example, I tested out at 40% Visual, 40% Auditory, and 20% Tactile.

_____ % Visual _____ % Auditory _____ % Tactile

2. Do you agree with the results of the assessment? Why or why not?

3. Thinking about yourself as a student, what are at least two things you normally do in a classroom setting that support the above results of your learning styles?

4. Examine the suggestions of things the assessment results listed that you can do to learn better. What are the two things *that you do not already do* that you would be most willing to try during the semester in order to improve your study/learning skills?

Which study habits can you improve? Assessment

5. What are two habits you selected as "Already do"?

6. What are the two habits you selected as "Plan to do" that you think would be most likely to help you in this class?

7. What is one study habit you selected as "Not Interested"?

8. On a scale of 1-10 how would you describe your current interest in science with "1" being "Not at all interested", "5" being "Mildly interested/open-minded", and "10" being "I live for this stuff!".