Appendix - III

Style of Learning and Thinking (SOLAT®)
Youth Form
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Name: Age: Sex: School: Grade: Date:

Directions: Place a check mark in the blank if the statement is true of you. You may check one or both of the statements in a pair or neither—whatever fits you.

1. ______ I like to read explanations of what I am supposed to do.
    ______ I like to have things explained by showing them to me.

2. ______ I am good at body language.
    ______ I am not good at body language; I prefer to say what I think and depend on what people say.

3. ______ I enjoy classes where I listen to the teacher.
    ______ I enjoy classes in which I move around and try things.

4. ______ I tend to solve problems with a playful approach.
    ______ I tend to solve problems with a serious, business-like approach.

5. ______ I use only the proper materials to get a job done.
    ______ I will use whatever is available to get a job done.

6. ______ I like class or work to be planned so I know exactly what to do.
    ______ I like class or work to be open-ended with opportunities for change as I go along.

7. ______ I like to play hunches or guess.
    ______ I would rather not guess or play hunches.

8. ______ I like to express feelings in plain language.
    ______ I like to express feelings in poetry, song, dance or art.

9. ______ I like to learn about things we are sure of.
    ______ I like to learn about hidden possibilities.

10. ______ I like to take ideas apart and think about them separately.
    ______ I like to put a lot of ideas together.

11. ______ I am good at using logic in solving problems.
    ______ I am good at using feelings and intuitions in solving problems.

12. ______ I like to see and imagine things when I solve problems.
    ______ I like to analyze problems by reading and listening to teachers who know.

13. ______ I learn easily from teachers who explain with words.
    ______ I learn easily from teachers who explain by movement and action.
14. When I remember or think about things, I do well with words.
   When I remember or think about things, I do well with pictures and images.
15. I like to see something that is finished or completed.
   I like to organize and complete something that is unfinished.
16. I am intellectual.
    I am intuitive.
17. I am good at learning details and specific facts.
    I am good at learning from a general overview, the whole picture.
18. I learn and remember those things specifically studied.
    I learn and remember details and facts I pick up from things happening around me.
19. I like to read stories about things that really happen.
    I like to read stories about made up things.
20. It is fun to plan what I am going to do.
    It is fun to dream.
21. I like listening to music while reading or studying.
    I like total quiet when reading or studying.
22. I enjoy copying and filling in details
    I enjoy drawing my own images and ideas.
23. It is exciting to invent something.
    It is exciting to improve something.
24. I learn well by exploring.
    I learn well by examining.
25. I like ideas presented in order.
    I like ideas presented with relationships.
26. I am good at remembering verbal materials.
    I am good at remembering sounds and tones.
27. I am absentminded often.
    I am almost never absentminded.
28. I enjoy summarizing.
    I enjoy outlining.