



Study Skills Center: Type Analysis Best Fit Type_____

Name: _____ Appointment Date & Time: _____

Instructor: _____ Course: _____ Student ID# _____

1. Think back to a previous college or high school experience...describe characteristics of your favorite teacher. What made him/her so special? What was your favorite course, and why?
2. Likewise, describe characteristics of your least favorite teacher. What was your least favorite course, and why?
3. What brings you to the Study Skills Center?

Read each **pair** of sentences and put a check in the box that most describes you.

Energy:

I can tolerate noises and crowds.		I avoid crowds and seek quiet.	
I talk more than listen.		I listen more than talk.	
I communicate with enthusiasm.		I keep enthusiasm to myself.	
I am distracted easily.		I concentrate well.	
I meet people readily and participate in many activities.		I proceed cautiously in meeting people and participate in selected activities.	
I blurt things out without thinking.		I think carefully before I speak.	
I hate to do nothing. I am always on the go.		I find that being alone recharges my batteries.	
I like working or talking in groups.		I like to do a job by myself or to socialize in small groups.	
I like to be the center of attention.		I prefer being on the sidelines.	

Perception:

I learn new things by imitation and observation.		I learn new things through general concepts.	
I value solid, recognizable methods achieved in a step-by-step manner.		I value different or unusual methods achieved via inspiration.	
I focus on "what is."		I focus on what "might be."	
I tend to be specific and literal. I give detailed descriptions.		I tend to be general and figurative. I use metaphors and analogies.	
I problem-solve using a practical approach.		I problem-solve using an imaginative approach.	
I rely on past experiences.		I rely on unexpected insights.	
I appreciate standard ways to solve problems.		I use new and different ways to solve problems.	
I am methodical.		I leap around in a roundabout way.	
I value realism and common sense.		I value imagination and innovation.	

Judging:

I have truth as my objective.		I have harmony as my goal.	
I decide more with my head.		I decide more with my heart.	
I think conflict can be healthy and productive.		I dislike conflict and avoid it whenever possible.	
I notice ineffective reasoning.		I notice when people need support.	
I choose directness over tactfulness.		I choose tactfulness over directness.	
I deal with people firmly, as needed.		I deal with people compassionately.	
I expect the world to run on logical principles.		I expect the world to recognize individual differences.	
I notice pros and cons of each option.		I note how an option has value and affects people.	
I see others' flaws. I can be critical.		I like to please others. I show appreciation.	
Feelings are valid if they are logical.		Any feeling is valid.	

Daily Life:

My life is decisive. I impose my will on it.		I adapt my life and experience to what comes along.	
I like to know what I'm getting myself into.		I like adapting to new situations.	
I feel better after I have made a decision.		I like to keep my options open, I resist closure.	
I enjoy finishing things.		I enjoy starting things.	
I work for a settled life, with my plans in order.		I keep my life as flexible as possible so that nothing is missed.	
I dislike surprises and prefer advanced warnings.		I enjoy surprises and like adapting to last-minute changes.	
I see time as a finite resource, and take deadlines seriously.		I see time as a renewable resource, and see deadlines as elastic.	
I like checking off "to do" lists.		I ignore a "to do" list, even if I make one.	
I feel better when things are planned.		I feel better being able to do whatever comes along.	
I like to feel settled, organized.		I like to be flexible, spontaneous, and tentative.	
I feel stressed when I wait until the last minute to finish a project.		I often wait until the last moment to do a job, but I feel energized by the pressure to get it done.	