



ACCREDITED ADHD & LIFE COACH TRAINING PROGRAM

Processing Style Questionnaire

Think about the 6 *Processing Styles* when you complete the questionnaire below and either engage your child in the process or consider her preferences when you answer.

Directions:

Read the statements below and decide if they apply to your child. Put a number in the space provided, to the left of each statement. Total the score for each section. A score of 17 or more indicates that that is a dominant processing style. The highest score is your dominant processing style. Many people have more than one processing style - note the other 3 highest scores.

Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often

Auditory

	Needs to hear instructions or what is being said.		
	Prefers to get information by listening? Prefers to get information by listening?		
	Remembers what I hear?		
	Uses jingles and rhymes to remember things?		
	Associates certain big life events with music or what was said?		
	Total		
Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often



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Conceptual

	1. Needs to get a big picture understanding with all the pieces clear?		
	2. Needs to know the why behind something to remember it? Able to remember information when it is in the form of an analogy or example?		
	3. Understands the patterns and relationships of facts?		
	4. Teaches other people things and then the topic becomes clearer?		
	5. Likes to know the fine points of meanings?		
	Total		
Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often

Kinesthetic

	1. Needs to move so you can focus and understand.		
	2. If you move while you learn then you are able to remember Learn do you remember?		
	3. Prefers hands-on learning such as playing with objects to learn?		
	4. Assembles parts without reading directions?		
	5. Requires physical activity to learn better?		
	6. Starts a project before reading directions?		
	Total		
Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often

Visual

	1. Needs to see it to know it?		
	2. Has difficulty with spoken directions?		
	3. Doodling and pictures and symbols helps her to learn?		



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	4. Think with pictures instead of words?		
	5. Needs to write things down or see it written down to remember?		
	6. Visualizes information to remember it and remembers what she sees?		
	Total		
Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often

Verbal

	1. Needs to talk to work out thoughts and feelings.		
	2. Remember when you sing things or make up little rhyme?		
	3. Talk through the steps out loud for any activity or project?		
	4. Remember when you use a mnemonic device or script or create a song?		
	5. Talks things out to understand them?		
	6. Speaks directions out loud?		
	Total		
Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often

Tactile

	1. Needs to touch or feel an object to learn? Need to touch with your hands while you learn?		
	2. Needs to see someone else do an activity or have a live model before following directions?		
	3. I have trouble giving verbal explanations or directions?		
	4. Likes to solve problems through trial-and-error approach?		
	5. Likes to work on puzzles to learn or play games?		
	6. Thinks about the texture and flavors of something you are learning?		



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	Total		
Rating			
	1 - Seldom/Never	2 - Sometimes	3 - Often

Results

	Highest Score – Dominant Processing Style
	Next Highest Score
	Next Highest Score
	Next Highest Score

Congratulations! Your Dominant Processing Style is:	
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