

RESULTS TEST

DO YOU HAVE AN AUDITORY OR VISUAL MEMORY

Calculate your score: Count up the points that you obtained and refer to the corresponding profile. Obviously, there is no 100% auditory or 100% visual memory, we all have a mixed memory.

Now, you can evaluate your profile as a function of the number of points you have obtained.

OVER 50 POINTS

You have a visual memory

You need to see in order to memorize.

And when you are having trouble understanding something, you prefer a drawing, a diagram or a few words instead of long explanations.

With others, you pay more attention to how they are saying things, their attitude, their eyes, their gestures and facial expressions... than the things they are saying.

How to reinforce your memory

Your memory needs points of reference that are visual.

So, do not tell yourself "Tomorrow I'll remember that." Plan ahead by increasing the number of reminders and noting important things in your agenda.

UNDER 50 POINTS

You have an auditory memory.

You remember information better when you hear it.

You need to repeat things (a poem, a list of errands, a telephone number) to memorize them.

And, especially, to understand them.

More attentive to what is being said than to how it is being said, you like that others get straight to the point.

You lose track when they go on and on with minor details.

How to reinforce your memory.

Your memory needs time to function well.

Do not wait until the last minute if you have an exam or an oral planned for the next day.

Revise the night before: things will "gel" while you sleep.