

# VAK Learning Styles Self-Assessment Questionnaire

Place a '1' against the answer that most represents how you generally behave.

There are no wrong or right answers on this assessment, but it is important for you to be honest.

Name:

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Date:

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<b>1. When I operate new equipment I generally:</b>				
a) read the instructions first	1	b) listen to an explanation from someone who has used it before		c) go ahead and have a go, I can figure it out as I use it
<b>2. When I need directions for travelling I usually:</b>				
a) look at a map	1	b) ask for spoken directions		c) follow my nose and maybe use a compass
<b>3. When I cook a new dish, I like to:</b>				
a) follow a written recipe	1	b) call a friend for an explanation		c) follow my instincts, testing as I cook
<b>4. If I am teaching someone something new, I tend to:</b>				
a) write instructions down for them		b) give them a verbal explanation		c) demonstrate first and then let them have a go
				1
<b>5. I tend to say:</b>				
a) watch how I do it		b) listen to me explain	1	c) you have a go
<b>6. During my free time I most enjoy:</b>				
a) going to museums and galleries		b) listening to music and talking to my friends	1	c) playing sport or doing DIY
<b>7. When I go shopping for clothes, I tend to:</b>				
a) imagine what they would look like on	1	b) discuss them with the shop staff		c) try them on and test them out
<b>8. When I am choosing a holiday I usually:</b>				
a) read lots of brochures		b) listen to recommendations from friends		c) imagine what it would be like to be there
				1
<b>9. If I was buying a new car, I would:</b>				
a) read reviews in newspapers and magazines		b) discuss what I need with my friends	1	c) test-drive lots of different types
<b>10. When I am learning a new skill, I am most comfortable:</b>				
a) watching what the teacher is doing		b) talking through with the teacher exactly what I'm supposed to do	1	c) giving it a try myself and work it out as I go
<b>11. If I am choosing food off a menu, I tend to:</b>				
a) imagine what the food will look like		b) talk through the options in my head or with my partner		c) imagine what the food will taste like
				1
<b>12. When I listen to a band, I can't help:</b>				
a) watching the band members and other people in the audience	1	b) listening to the lyrics and the beats		c) moving in time with the music
<b>13. When I concentrate, I most often:</b>				
a) focus on the words or the pictures in front of me		b) discuss the problem and the possible solutions in my head	1	c) move around a lot, fiddle with pens and pencils and touch things
<b>14. I choose household furnishings because I like:</b>				
a) their colours and how they look		b) the descriptions the sales-people give me		c) their textures and what it feels like to touch them
				1
<b>15. My first memory is of:</b>				
a) looking at something	1	b) being spoken to		c) doing something
<b>16. When I am anxious, I:</b>				

a) visualise the worst-case scenarios	1	b) talk over in my head what worries me most		c) can't sit still, fiddle and move around constantly	
<b>17. I feel especially connected to other people because of:</b>					
a) how they look		b) what they say to me		c) how they make me feel	1
<b>18. When I have to prepare for an exam, I generally:</b>					
a) write lots of revision notes and diagrams		b) talk over my notes, alone or with other people	1	c) imagine making the movement or creating the formula	
<b>19. If I am explaining to someone I tend to:</b>					
a) show them what I mean	1	b) explain to them in different ways until they understand		c) encourage them to try and talk them through my idea as they do it	
<b>20. I really love:</b>					
a) watching films, photography, looking at art or people watching		b) listening to music, the radio or talking to friends	1	c) taking part in sporting activities, eating fine foods and wines or dancing	
<b>21. Most of my free time is spent:</b>					
a) watching television		b) talking to friends	1	c) doing physical activity or making things	
<b>22. When I first contact a new person, I usually:</b>					
a) arrange a face to face meeting		b) talk to them on the telephone		c) try to get together whilst doing something else, such as an activity or a meal	1
<b>23. I first notice how people:</b>					
a) look and dress	1	b) sound and speak		c) stand and move	
<b>24. If I am angry, I tend to:</b>					
a) keep replaying in my mind what it is that has upset me	1	b) raise my voice and tell people how I feel		c) stamp about, slam doors and physically demonstrate my anger	
<b>25. I find it easiest to remember:</b>					
a) faces	1	b) names		c) things I have done	
<b>26. I think that you can tell if someone is lying if:</b>					
a) they avoid looking at you		b) their voices changes		c) they give me funny vibes	1
<b>27. When I meet an old friend:</b>					
a) I say "it's great to see you!"		b) I say "it's great to hear from you!"		c) I give them a hug or a handshake	1
<b>28. I remember things best by:</b>					
a) writing notes or keeping printed details	1	b) saying them aloud or repeating words and key points in my head		c) doing and practising the activity or imagining it being done	
<b>29. If I have to complain about faulty goods, I am most comfortable:</b>					
a) writing a letter	1	b) complaining over the phone		c) taking the item back to the store or posting it to head office	
<b>30. I tend to say:</b>					
a) I see what you mean		b) I hear what you are saying		c) I know how you feel	1

**Total:**

**Visual 13**

**Auditory 8**

**Kinesthetic 9**