

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:

24/11/2021

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

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| 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 | |
| 17. I feel especially connected to other people because of: | | | | | |
| a) how they look | | b) what they say to me | | c) how they make me feel | 1 |
| 18. When I have to prepare for an exam, I generally: | | | | | |
| 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 | |
| 19. If I am explaining to someone I tend to: | | | | | |
| a) show them what I mean | | b) explain to them in different ways until they understand | 1 | c) encourage them to try and talk them through my idea as they do it | |
| 20. I really love: | | | | | |
| a) watching films, photography, looking at art or people watching | 1 | b) listening to music, the radio or talking to friends | | c) taking part in sporting activities, eating fine foods and wines or dancing | |
| 21. Most of my free time is spent: | | | | | |
| a) watching television | | b) talking to friends | 1 | c) doing physical activity or making things | |
| 22. When I first contact a new person, I usually: | | | | | |
| a) arrange a face to face meeting | 1 | b) talk to them on the telephone | | c) try to get together whilst doing something else, such as an activity or a meal | |
| 23. I first notice how people: | | | | | |
| a) look and dress | 1 | b) sound and speak | | c) stand and move | |
| 24. If I am angry, I tend to: | | | | | |
| 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 | |
| 25. I find it easiest to remember: | | | | | |
| a) faces | 1 | b) names | | c) things I have done | |
| 26. I think that you can tell if someone is lying if: | | | | | |
| a) they avoid looking at you | 1 | b) their voices changes | | c) they give me funny vibes | |
| 27. When I meet an old friend: | | | | | |
| 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 |
| 28. I remember things best by: | | | | | |
| 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 | |
| 29. If I have to complain about faulty goods, I am most comfortable: | | | | | |
| a) writing a letter | 1 | b) complaining over the phone | | c) taking the item back to the store or posting it to head office | |
| 30. I tend to say: | | | | | |
| a) I see what you mean | | b) I hear what you are saying | | c) I know how you feel | 1 |

Total:

Visual 14

Auditory 10

Kinesthetic 6