## **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:	 Date:
Ma. Jhieffstien Jaril Rubio	01/12/2022

1. When I operate new equipment I gene	erally:				
a) read the instructions first		b) listen to an explanation from someone who has used it before	1	c) go ahead and have a go, I can figure it out as I use it	
2. When I need directions for travelling	usually:				
a) look at a map	1	b) ask for spoken directions		c) follow my nose and maybe use a compass	
3. When I cook a new dish, I like to:					
a) follow a written recipe	1	b) call a friend for an explanation		c) follow my instincts, testing as I cook	
4. If I am teaching someone something	new, I ten	nd to:			
a) write instructions down for them	1	b) give them a verbal explanation		c) demonstrate first and then let them have a go	
5. I tend to say:					
a) watch how I do it	1	b) listen to me explain		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 ten	d to:			-	
a) imagine what they would look like on	1	b) discuss them with the shop staff		c) try them on and test them out	
8. When I am choosing a holiday I usual	ly:				
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		b) discuss what I need with my friends	1	c) test-drive lots of different types	
10. When I am learning a new skill, I am	most cor	mfortable:		-	
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 to	nd 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	1	c) moving in time with the music	
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 bec	ause I lik	e:			
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:	1	-			
a) looking at something	1	b) being spoken to		c) doing something	
16. When I am anxious, I:		-		<u> </u>	

17. If feel especially connected to other people because of: a) how they look b) what they say to me c) how they make me feel  18. When I have to prepare for an exam, I generally: a) write lots of revision notes and diagrams 1 b) talk over my notes, alone or with other 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 c) they understand c) taking part in sporting activities, eating friends contact a new person, I usually: a) writching feller vision b) talking to friends c) taking to friends c) to doing physical activity or making things c) things I have done c) the proper of the proper of the proper of the proper of things the activity or making things c) things I have done	a) visualise the worst-case scenarios		b) talk over in my head what worries me most	1	c) can't sit still, fiddle and move around constantly	
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29. If I have to complain about faulty goods, I am most comfortable:	a) writing notes or keeping printed details	1			,	
	29. If I have to complain about faulty go	ods, I am	most comfortable:		•	
a) writing a letter b) complaining over the phone c) taking the item back to the store or posting it to head office	a) writing a letter		b) complaining over the phone	1		
30. I tend to say:						
a) I see what you mean b) I hear what you are saying c) I know how you feel	a) I see what you mean		b) I hear what you are saying		c) I know how you feel	1

Total:

Visual 12 Auditory 15 Kinesthetic 3