VAK Learning Styles Self-Assessment Questionnaire

Read all the statements and choose one that would best represent how you truly behave. Place the number '1' on the small box beside the statement. Make sure to have a **total of 30** once you are done with the test.

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

Name: Jan Isabeau David	Date: Auguste 05, 2022

1 who has used it before out as I use it						
When I need directions for traveilling I usually: When I need directions for traveilling I usually:	1. When I operate new equipment I gene	erally:				
1 b) ask for spoken directions c) follow my nose and maybe use a compass	a) read the instructions first	1				
1 compass 3. When I cook a new dish, I like to: 1 b) call a friend for an explanation c) follow my instincts, testing as I cook 3. When I cook a new dish, I like to: 1 vivite 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: 1 vivite 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: 1 vivite instructions down for them 1 b) give them a verbal explanation c) you have a go 5. I tend to say: 1 vivite instructions down for them 1 c) you have a go 5. During my free time I most enjoy: 9 yoing to museums and galleries b) listening to music and talking to my friends c) playing sport or doing DIY 1 vivite instruction c) playing spo	2. When I need directions for travelling I	l usually:				
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	a) looking at something	1	b) being spoken to		c) doing something	
	16. When I am anxious, I:	I	1			

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 be	ecause of:		1	
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 genera	lly:			
a) write lots of revision notes and diagrams	1	b) talk over my notes, alone or with other people		c) imagine making the movement or creating the formula	
19. If I am explaining to someone I tend	to:			1	
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	
20. I really love:					
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	
21. Most of my free time is spent:	•			1	
a) watching television	1	b) talking to friends		c) doing physical activity or making things	
22. When I first contact a new person, I	usually:				
a) arrange a face to face meeting		b) talk to them on the telephone	1	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		b) sound and speak		c) stand and move	1
24. If I am angry, I tend to:				1	
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:				1	
a) faces	1	b) names		c) things I have done	
26. I think that you can tell if someone is	s lying if:			1	
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!"	1	b) I say "it's great to hear from you!"		c) I give them a hug or a handshake	
28. I remember things best by:				1	
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 go	ods, 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:				1	
a) I see what you mean	1	b) I hear what you are saying		c) I know how you feel	
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Total:

Visual 19 Auditory 6 Kinesthetic 5