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.

28-June-2023 28-J	ame			Date				
read the instructions first O								
read the instructions first 0 listen to an explanation from someone who has used it before 2. When I need directions for travelling I usually: look at a map 1 ask for spoken directions 0 follow my nose and maybe use a compass 3. When I cook a new dish, I like to: follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 1 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 1 listen to me explain 0 you have a go 5. I tend to say: watch how I do it 1 listen to me explain 0 you have a go 6. During my free time I most enjoy: going to museums and galleries 7. When I go shopping for clothes, I tend to: magine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read tots of brochures 0 listen to recommendations from friends 0 magine what It would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 my partner 1 listen to a band, I can't help: watching what the food will look like 0 my partner 0 listening to the lyrics and the beats 1 moving in time with the music 10. When I am learning a new skill, I am most comfortable: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 10. When I concentrate, I most often: 0 discuss the problem and the possible solutions in my head 0 with my partner 0 listening to the lyrics and the beats 1 moving in time with the music 10. I move around a lot, fiddle with pens and pencils and touch things 10. I their testures an	When I operate new equipment I generally	···						
2. When I need directions for travelling I usually:	when i operate new equipment i generali	у.	listen to an explanation from compone who		go sheed and have a go. I can figure it out			
look at a map			•	1		0		
3. When I cook a new dish, I like to: follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 1 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 1 listen to me explain 0 you have a go 6. During my free time I most enjoy: going to museums and galleries going to museums and galleries 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching what the food will look like 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me of me 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them	When I need directions for travelling I usu	ally:	T	1	1			
follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 1 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 1 listen to me explain 0 you have a go 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIV 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 listening to the lyrics and the beats 1 moving in time with the music 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 solutions in my head 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them	ok at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0		
A. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 1 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 1 listen to me explain 0 you have a go 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk itnough twith the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 moving in time with the music 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them	When I cook a new dish, I like to:			1				
write instructions down for them 0 give them a verbal explanation 1 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 1 listen to me explain 0 you have a go 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with 1 imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front 0 discuss the problem and the possible solutions in my head 0 their restures and what it feels like to touch them 15. My first memory is of:	llow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0		
write instructions down for them 0 give them a verbal explanation 1 go	If I am teaching someone something new,	I tend to:						
watch how I do it 1 Ilsten to me explain 0 you have a go 5. During my free time I most enjoy: going to museums and galleries 0 Ilstening to music and talking to my friends 1 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 Ilsten to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me of me of the discuss the problem and the possible solutions in my head of me of me of the discuss the problem and the possible solutions in my head of me of the discuss the problem and the possible solutions in my head of me of the discuss the problem and the possible solutions in my head of me of the discuss the problem and the possible solutions in my head of me of the discuss the problem and the possible solutions in my head of me of the discuss the problem and the possible solutions in my head of me of the discuss and how they look 1 their textures and what it feels like to touch them	rite instructions down for them	0	give them a verbal explanation	1		0		
6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with 1 Imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me discuss the problem and the possible solutions in my head of me discuss the problem and the possible solutions in my head 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	I tend to say:							
going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 limagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk in usually in supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front 0 discuss the problem and the possible solutions in my head 1. I move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them	atch how I do it	1	listen to me explain	0	you have a go	0		
7. When I go shopping for clothes, I tend to: imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	During my free time I most enjoy:			1				
imagine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me of discuss the problem and the possible solutions in my head 0 their people in the audience 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them	oing to museums and galleries	0	listening to music and talking to my friends	1	playing sport or doing DIY	0		
8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 0 limagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	When I go shopping for clothes, I tend to:				,			
read lots of brochures 0 listen to recommendations from friends 0 imagine what it would be like to be there 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 0 giving it a try myself and work it out as I go 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	nagine what they would look like on	1	discuss them with the shop staff	0	try them on and test them out	0		
9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 0 giving it a try myself and work it out as I go 0 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 1. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 1. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 1. I their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1. My first memory is of:	When I am choosing a holiday I usually:			l				
read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	ead lots of brochures	0	listen to recommendations from friends	0	imagine what it would be like to be there	1		
10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me 14. I choose household furnishings because I like: their colours and how they look 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 1 moving in time with the music 1 move around a lot, fiddle with pens and pencils and touch things 1 move around a lot, fiddle with pens and pencils and touch things 1 their textures and what it feels like to touch them 15. My first memory is of:	If I was buying a new car, I would:			ı				
watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 0 giving it a try myself and work it out as I go 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	ead reviews in newspapers and magazines	1	discuss what I need with my friends	0	test-drive lots of different types	0		
watching what the teacher is doing 0 what I'm supposed to do 0 giving it a try myself and work it out as I go 1. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 1. Imagine what the food will t	D. When I am learning a new skill, I am mos	t comfort	able:					
imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like	atching what the teacher is doing	0		0	giving it a try myself and work it out as I go	1		
my partner 1 imagine what the food will look like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 moving in time with the music 1 move around a lot, fiddle with pens and pencils and touch things 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 1 their textures and what it feels like to touch them 15. My first memory is of:	1. If I am choosing food off a menu, I tend t	o:						
watching the band members and other people in the audience 1. moving in time with the music mov	nagine what the food will look like	0		1	imagine what the food will taste like	0		
people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me	2. When I listen to a band, I can't help:							
focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 15. My first memory is of:	•	0	listening to the lyrics and the beats	1	moving in time with the music	0		
of me 1 pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 1 pencils and touch things their textures and what it feels like to touch them 15. My first memory is of:	3. When I concentrate, I most often:							
their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of:	-	0	1	1	-	0		
their colours and now they look 0 the descriptions the sales-people give me 0 them 15. My first memory is of:	1. I choose household furnishings because	like:	1					
	neir colours and how they look	0	the descriptions the sales-people give me	0		1		
looking at something 0 being spoken to 0 doing something	5. My first memory is of:		1		, <u> </u>			
	oking at something	0	being spoken to	0	doing something	1		
16. When I am anxious, I:	5. When I am anxious, I:			1	,			
visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly	sualise the worst-case scenarios	0	talk over in my head what worries me most	1		0		
17. I feel especially connected to other people because of:	7. I feel especially connected to other peop	le because	e of:					

				1				
how they look	0	what they say to me	0	how they make me feel	1			
18. When I have to prepare for an exam, I g	enerally:							
write lots of revision notes and diagrams	0	talk over my notes, alone or with other people	0	imagine making the movement or creating the formula	1			
19. If I am explaining to someone I tend to:								
show them what I mean	0	explain to them in different ways until they understand	1	encourage them to try and talk them through my idea as they do it	0			
20. I really love:		<u> </u>						
watching films, photography, looking at art or people watching	1	listening to music, the radio or talking to friends	0	taking part in sporting activities, eating fine foods and wines or dancing	0			
21. Most of my free time is spent:		T						
watching television	1	talking to friends	0	doing physical activity or making things	0			
22. When I first contact a new person, I usu	ally:		1					
arrange a face to face meeting	0	talk to them on the telephone	1	try to get together whilst doing something else, such as an activity or a meal	0			
23. I first notice how people:		<u> </u>						
look and dress	0	sound and speak	0	stand and move	1			
24. If I am angry, I tend to:								
keep replaying in my mind what it is that has upset me	1	raise my voice and tell people how I feel	0	stamp about, slam doors and physically demonstrate my anger	0			
25. I find it easiest to remember:								
faces	1	names	0	things I have done	0			
26. I think that you can tell if someone is lying if:								
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0			
27. When I meet an old friend:								
I say "it's great to see you!"	1	I say "it's great to hear from you!"	0	I give them a hug or a handshake	0			
28. I remember things best by:								
writing notes or keeping printed details	0	saying them aloud or repeating words and key points in my head	0	doing and practising the activity or imagining it being done	1			
29. If I have to complain about faulty goods	, I am mos	t comfortable:	ı	·				
writing a letter	0	complaining over the phone	0	taking the item back to the store or posting it to head office	1			
30. I tend to say:								
I see what you mean	1	I hear what you are saying	0	I know how you feel	0			
	•	,		•				

Total:

Visual 12 Auditory 9 Kinesthetic 9