## **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.

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Decople in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the least 1 moving in time with the music 0 listening to the lyrics and the least 1 moving in time with the music 0 listening to the lyrics and the least 1 moving in time with the music 0 listening to the lyrics and the lyrics and the least 1 moving in time with the music 1 listening to the lyrics and the last 1 moving in time with the description the last 1 moving in time with the description the last 1 moving in time with the last 1 moving in time with the last 1 moving in the last 1 moving in time with the last 1 moving in time with the last 1 moving in time with the last 1 moving in	12. When I listen to a band, I can't help:					
discuss the problem and the possible of me  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 the descriptions the sales-people give me  1 their textures and what it feels like to touch them  1 being spoken to  0 doing something  0 doing something  0 can't sit still, fiddle and move around constantly  0 constantly	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	0
of me solutions in my head 1 pencils and touch things 0  14. I choose household furnishings because I like:  their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0  15. My first memory is of:  1 being spoken to 0 doing something 0  16. When I am anxious, I:  1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0	13. When I concentrate, I most often:	1		,		
their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0  15. My first memory is of:  1 being spoken to 0 doing something 0  16. When I am anxious, I:  1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0	focus on the words or the pictures in front of me	0	1	1	1	0
their colours and how they look 1 the descriptions the sales-people give me 0 them 0  15. My first memory is of:  ooking at something 1 being spoken to 0 doing something 0  16. When I am anxious, I:  visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0	14. I choose household furnishings because	l like:		1		
ooking at something 1 being spoken to 0 doing something 0  16. When I am anxious, I:  visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0	their colours and how they look	1	the descriptions the sales-people give me	0		0
1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0	15. My first memory is of:		1		1	
talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0	looking at something	1	being spoken to	0	doing something	0
talk over in my head what worries me most oconstantly	16. When I am anxious, I:	l	I	·		
	visualise the worst-case scenarios	1	talk over in my head what worries me most	0		0
our deposition, desimilation to other people because on	17. I feel especially connected to other peop	le because	e of:	l	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 go	enerally:								
write lots of revision notes and diagrams	1	talk over my notes, alone or with other people	0	imagine making the movement or creating the formula	0				
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 usua	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	1	sound and speak	0	stand and move	0				
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	0	names	1	things I have done	0				
26. I think that you can tell if someone is lying	ng if:								
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0				
27. When I meet an old friend:	ı		1						
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:		T							
writing notes or keeping printed details	1	saying them aloud or repeating words and key points in my head	0	doing and practising the activity or imagining it being done	0				
29. If I have to complain about faulty goods,	, I am mos	t comfortable:							
writing a letter	1	complaining over the phone	0	taking the item back to the store or posting it to head office	0				
30. I tend to say:	30. I tend to say:								
I see what you mean	0	I hear what you are saying	0	I know how you feel	1				
	•	,		,					

Total:

Visual 18 Auditory 6 Kinesthetic 6