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.

L. When I goeste new equipment I generally: 1. When I goeste new equipment I generally: 2. When I need directions first 1	Name			Date				
read the instructions first 1 listen to an explanation from someone who as use it is tuse it 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 glow them a verbal explanation 1 glow have a go								
read the instructions first 1 listen to an explonation from someone who as use it 1 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 1 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 glow 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 glow 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 glow 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 glow 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 glow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: ### The verbal explanation 1 glow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: ### The verbal explanation 1 glow my instincts, testing as I cook 4. If I am demonstrate first and then let them have a glow demonstrate first and then let them have a glow and the my output the same of the mount of them newspapers and application 1 glow my instincts, testing as I cook 4. If I am teaching a per same and galleries 1 listening to music and talking to my friends 0 playing sport or doing DIV ### The verbal explanation 1 glow my friends 1 glow my friends 1 imagine what it would be like to be there 1 listen to recommendations from friends 1 imagine what it would be like to be there 1 imagine what it would be like to be there 1 imagine what the food will took like to be there 1 listen th	1 When Langrate now equipment Langral	ls.e-						
A sused it before 0 as I use it	1. When I operate new equipment I general	iy. 	liston to an audionation from a company who					
look at a map			•	0		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 0 listen to me explain 1 you have a go 6. During my free time I most enjoy: going to museums and galleries 1 listening to music and talking to my friends 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 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 1 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 0 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 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 1 listening to the lyrics and the beats 1 listening to the lyrics and the beats 1 listening to the lyrics and the beats 1 move around a lot, fiddle with pens and pencils and touch things 14. Uhen I concentrate, I most offen: 15. When I concentrate, I most offen: 16 on the words or the pictures in front 1 listening to the lyrics and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 15. My first memory is of: 16 oking at something 0 being spoken to 0 doing something	2. When I need directions for travelling I usu	ually:	T	1	1			
follow a written recipe	look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0		
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 0 listen to me explain 1 you have a go 6. During my free time I most enjoy: going to museums and galleries 1 listening to music and talking to my friends 0 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 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 1 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 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 1 listening to the lyrics and the beats 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something	3. When I cook a new dish, I like to:	1		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 0 listen to me explain 1 you have a go 6. During my free time I most enjoy: going to museums and galleries 1 listening to music and talking to my friends 0 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 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 1 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 0 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 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 trails 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 1 listening to the lyrics and the beats 0 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 1 move around a lot, fiddle with pens and pencils and touch things 14. I 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 15. My first memory is of: looking at something 0 being spoken to 0 doing something	follow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0		
watch low I do it 5. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 6. During my free time I most enjoy: going to museums and galleries 1 listening to music and talking to my friends 7. When I go shopping for clothes, I tend to: imagine what they would look like on 0 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 1 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 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 1 listening to the lyrics and the beats focus on the words or the pictures in front of me words or the pictures in front of the descriptions the sales-people give me 1 the descriptions the sales-people give me 2 their extures and what it feels like to touch them	4. If I am teaching someone something new	, I tend to:						
watch how I do it 0 ilisten to me explain 1 you have a go 6. During my free time I most enjoy: going to museums and galleries 1 listening to music and talking to my friends 0 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 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 1 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 0 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 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 isten to a band, I can't help: watching the band members and other 1 listening to the lyrics and the beats 0 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 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something	write 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 1 listening to music and talking to my friends 0 playing sport or doing DIY 7. When I go shopping for clothes, I tend to: imagine what they would look like on 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 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 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 iisten 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. Ichoose household furnishings because like: their colours and how they look 1 the descriptions the sales-people give me 0 doing something 0 doing something	5. I tend to say:	l		1				
going to museums and galleries 1 listening to music and talking to my friends 0 playing sport or doing DIY 7. When I go shopping for clothes, I tend to:	watch how I do it	0	listen to me explain	1	you have a go	0		
7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 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 1 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 0 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 1 listening to the lyrics and the beats 0 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 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 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something	6. During my free time I most enjoy:		1		,			
imagine what they would look like on 0 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 1 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 0 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 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 limagine 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 1 listening to the lyrics and the beats 0 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something	going to museums and galleries	1	listening to music and talking to my friends	0	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 1 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 0 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 1 listening to the lyrics and the beats 0 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 dioing something	7. When I go shopping for clothes, I tend to:							
read lots of brochures 0 listen to recommendations from friends 1 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 0 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 listen to a band, I can't help: watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me solutions in my head 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 doing something 0 being spoken to 0 doing something	imagine what they would look like on	0	discuss them with the shop staff	0	try them on and test them out	1		
9. If I was buying a new car, I would: read reviews in newspapers and magazines 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 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 0 discuss the problem and the possible solutions in my head 11. It 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 15. My first memory is of: looking at something 0 being spoken to 0 discuss what I need with my friends 0 talk in the teacher exactly on giving it a try myself and work it out as I go giving it a try mys	8. When I am choosing a holiday I usually:							
read reviews in newspapers and magazines 0 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 1 listening to the lyrics and the beats 0 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 1 the descriptions the sales-people give me 0 their extures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something	read lots of brochures	0	listen to recommendations from friends	1	imagine what it would be like to be there	0		
10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 1 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 1 talk through the options in my head or with my partner 1 listening the band members and other people in the audience 1 listening to the lyrics and the beats 1 listening to the lyrics and the possible of me 1 focus on the words or the pictures in front of me 1 the descriptions the sales-people give me 1 their colours and how they look 1 the descriptions the sales-people give me 1 the descriptions the sales-people give me 1 their sales of the interval of the lyrics and the beats 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their sales of the light at ry myself and work it out as I go 1 magine what the food will taste like 1 move around a lot, fiddle with pens and pencils and touch things 1 their textures and what it feels like to touch them	9. If I was buying a new car, I would:			1				
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 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. When I listen to a band, I can't help: watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 moving in time with the music 1. When I concentrate, I most often: focus on the words or the pictures in front of me 1. In the descriptions in my head 1 move around a lot, fiddle with pens and pencils and touch things 1. It he descriptions the sales-people give me 0 their textures and what it feels like to touch them 1. My first memory is of: looking at something 0 being spoken to 0 doing something 1 doing some	read reviews in newspapers and magazines	0	discuss what I need with my friends	0	test-drive lots of different types	1		
watching what the feacher 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. When I listen to a band, I can't help: watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 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. 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 1. It has do not make the food will taste like to touch them 1. It has a try myself and work it out as I go 1. If a try myself and w	10. When I am learning a new skill, I am mo	st comfort	able:	l				
imagine what the food will look like 0 talk through the options in my head or with my partner 1 listen to a band, I can't help: watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 moving in time with the music 1 move around a lot, fiddle with pens and pencils and touch things 1 line descriptions the sales-people give me 1 the descriptions the sales-people give me 1 looking at something 0 doing something	watching what the teacher is doing	0		0	giving it a try myself and work it out as I go	1		
12. When I listen to a band, I can't help: watching the band members and other people in the audience 1	11. If I am choosing food off a menu, I tend	to:		ı				
watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 moving in time with the music 13. When I concentrate, I most often: 1 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: 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 15. My first memory is of: 1 looking at something 0 being spoken to 0 doing something	imagine what the food will look like	0		1	imagine what the food will taste like	0		
people in the audience 1 listening to the lyrics and the beats 0 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something	12. 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: 1 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 15. My first memory is of: 1 looking at something 0 being spoken to 0 doing something	S	1	listening to the lyrics and the beats	0	moving in time with the music	0		
of me	13. When I concentrate, I most often:							
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 15. My first memory is of: 1 looking at something 0 being spoken to 0 doing something	-	0	1	1		0		
their colours and now they look 1 the descriptions the sales-people give me 0 them 15. My first memory is of: looking at something 0 being spoken to 0 doing something 0 0 0 0 0 0 0 0 0	14. I choose household furnishings because	I like:		1				
looking at something 0 being spoken to 0 doing something	their colours and how they look	1	the descriptions the sales-people give me	0		0		
	15. My first memory is of:	1	1					
16. When I am anxious, I:	looking at something	0	being spoken to	0	doing something	1		
	16. When I am anxious, I:	İ	1					
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	visualise the worst-case scenarios	1	talk over in my head what worries me most	0		0		
17. I feel especially connected to other people because of:	17. I feel especially connected to other peop	ole 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	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:								
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:								
watching television	1	talking to friends	0	doing physical activity or making things	0			
22. When I first contact a new person, I usually:								
arrange a face to face meeting	0	talk to them on the telephone	0	try to get together whilst doing something else, such as an activity or a meal	1			
23. I first notice how people:								
look and dress	0	sound and speak	1	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	0	things I have done	1			
26. I think that you can tell if someone is lying if:								
they avoid looking at you	0	their voices changes	0	they give me funny vibes	1			
27. When I meet an old friend:								
I say "it's great to see you!"	0	I say "it's great to hear from you!"	0	I give them a hug or a handshake	1			
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	1	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:	ı	·				
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:								
I see what you mean	0	I hear what you are saying	0	I know how you feel	1			
	•			•				

Total:

Visual 11 Auditory 8 Kinesthetic 11