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.

Charl Derliag 1. When I are those time time time time the most enjoy: 2. When I are shopping for clothes, I tend to: 2. Was in mesh and the process of brochures 3. When I are choosing a holiday I usually: 2. Was in mesh and the process of brochures 3. When I can be explaination from someone who as I use it. 3. When I can be explained to make a go, I can figure it out of the second maybe use a compass. 4. When I can be directions for travelling I usually: 2. When I can be a go a head and have a go, I can figure it out of the second maybe use a compass. 4. When I can be directions for them of the second maybe use a compass. 5. When I can be a go a head and have a go, I can figure it out of follow my nose and maybe use a compass. 6. When I am teaching someone something new, I tend to: 2. When I go a something new, I tend to: 2. When I go shopping for them of the may be used a compass. 6. Buring my free time I most enjoy: 2. When I go shopping for clothes, I tend to: 2. When I go shopping for clothes, I tend to: 2. When I go shopping for clothes, I tend to: 2. When I am choosing a holiday I usually: 2. When I am choosing a holiday I usually: 2. When I am shopping for clothes, I tend to: 2. When I am shopping for clothes, I tend to: 2. When I am shopping for clothes, I tend to: 2. When I am shopping for clothes, I tend to: 2. When I am shopping for clothes, I tend to: 2. When I am shopping for clothes, I tend to: 2. When I am shopping for clothes is different types 3. If I was buying a new skill, I am most comfortable: 2. When I am learning a new skill, I am most comfortable: 2. When I am learning a new skill, I am most comfortable: 2. When I fit in the teacher is doing 2. When I fit in the teacher is doing 3. When I concentrate, I most defined to: 2. When I fit in the too of the pictures in front of for fine 3. When I concentrate, I most of ten: 4. Loose bousehold furnishings because I like: 2. When I am anxious, I: 2. When I am anxious, I: 3. When I am anxious, I: 3. When I	Name			Date		
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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 ge	enerally:	1	1		
write lots of revision notes and diagrams	0	talk over my notes, alone or with other people	1	imagine making the movement or creating the formula	0
19. If I am explaining to someone I tend to:	1				
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:		T			
watching films, photography, looking at art or people watching	0	listening to music, the radio or talking to friends	1	taking part in sporting activities, eating fine foods and wines or dancing	0
21. Most of my free time is spent:		T			
watching television	0	talking to friends	1	doing physical activity or making things	0
22. When I first contact a new person, I usua	ally:				
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:					
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	1	names	0	things I have done	0
26. I think that you can tell if someone is lying	ng 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	0	doing and practising the activity or imagining it being done	1
29. If I have to complain about faulty goods,	l 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:	ı		ı		
	l				

Total:

Visual 12 Auditory 8 Kinesthetic 10