## **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.

A When I need directions for travelling I usually:    Cook at a map	Name			Date		
read the instructions first				25-Septe	mber-2023	
read the instructions first	1 When I operate new equipment I general	lv.				
1 has used it before 0 as I use it 0 as I use it 1 has used it before 0 as I use it 0 as I use it 1 as the for spoken directions for travelling I usually:  2. When I need directions for travelling I usually:  3. When I cook a new dish, I like to:  follow a written recipe 1 call a friend for an explanation 0 follow my nose and maybe use a compass 0 cook 4. If I am teaching someone something new, I tend to:  write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a go 1.  5. I tend to say:  watch how I do it 0 listen to me explain 1 you have a go 0 cook.  6. During my free time I most enjoy:  going to museums and galleries 0 listening to music and talking to my friends 0 playing sport or doing DIY 1.  7. When I go shopping for clothes, I tend to:  Imagine what they would look like 0 1 discuss them with the shop staff 0 try them on and test them out 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 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 0.  10. When I am learning a new skill, I am most comfortable:  watching what the teacher is doing 1.  12. When I lam choosing food off a menu, I tend to:  talk through the options in my head or with my partner 1.  24. When I lam choosing food off a menu, I tend to:  unagine what the food will look like 0 listening to the lyrics and the beats 1 moving in time with the music 0.  13. When I can choosing food off a menu, I tend to:  unagine what the food will look like 0 listening to the lyrics and the beats 1 moving in time with the music 0.  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 1.  15. When I san analost, I:  16. When I san analost, I:  18. When I can analost, I:  1	1. When roperate new equipment righterial	y. 	listen to an explanation from someone who		go shead and have a go. I can figure it out	
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follow a written recipe	look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0
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	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:	<u> </u>		

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	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:									
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:	ı								
watching television	0	talking to friends	0	doing physical activity or making things	1				
22. When I first contact a new person, I usually:									
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	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	0	raise my voice and tell people how I feel	1	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 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								
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	1	doing and practising the activity or imagining it being done	0				
29. If I have to complain about faulty goods, I am most 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:	1								
I see what you mean	1	I hear what you are saying	0	I know how you feel	0				

Total:

Visual 11 Auditory 12 Kinesthetic 7