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.

1. When I go showing a holidary I usually: read the instructions first 1	Name			Date		
read the instructions first 1 listen to an explanation from someone who as time it is use it to be the stand it before 1 listen to an explanation from someone who as time it is use it 1 listen to an explanation from someone who as time it is the time it is to be the stand of the fore 1 listen to as an amp 1 listen to as an amp 1 listen to recommendations from friends 1 listen to what it would be like to be there and review in newspapers and magazines 0 listen to recommendations from friends 1 limagine what it would be like to be there and review in newspapers and magazines 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 listen for what it missing and what the food will look like 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 listen from the subject with the standard research of the listen food of the listen to a band, can't help: **When I go a hopping for clothes, I tend to:** **magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1.* **B. 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 0.* **O. When I am learning a new stall, I am most comfortable:** **whiching what the teacher is doing 1 taking through with the teacher exactly what it missing new stall, I am most comfortable:** **whiching what the food will look like 0 listen to recommendations from friends 1 magine what it would be like to be there 0.* **J. When I am learning a new stall, I am most comfortable:** **whiching what the food will look like 0 listen to recommendations from friends 1 test-drive lots of different types 0.* **J. When I am learning a new stall, I am most comfortable:** **whiching what the food will look like 0 listen to a band, can't help:** **whiching what the food will look like 0 listen to a band, can't help:** **which is an advantable to a band, can't help:** **which is an advantable					mber-2023	
read the instructions first 1 listen to an explanation from someone who as time it is use it to be the stand it before 1 listen to an explanation from someone who as time it is use it 1 listen to an explanation from someone who as time it is the time it is to be the stand of the fore 1 listen to as an amp 1 listen to as an amp 1 listen to recommendations from friends 1 listen to what it would be like to be there and review in newspapers and magazines 0 listen to recommendations from friends 1 limagine what it would be like to be there and review in newspapers and magazines 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 listen for what it missing and what the food will look like 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 listen from the subject with the standard research of the listen food of the listen to a band, can't help: **When I go a hopping for clothes, I tend to:** **magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1.* **B. 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 0.* **O. When I am learning a new stall, I am most comfortable:** **whiching what the teacher is doing 1 taking through with the teacher exactly what it missing new stall, I am most comfortable:** **whiching what the food will look like 0 listen to recommendations from friends 1 magine what it would be like to be there 0.* **J. When I am learning a new stall, I am most comfortable:** **whiching what the food will look like 0 listen to recommendations from friends 1 test-drive lots of different types 0.* **J. When I am learning a new stall, I am most comfortable:** **whiching what the food will look like 0 listen to a band, can't help:** **whiching what the food will look like 0 listen to a band, can't help:** **which is an advantable to a band, can't help:** **which is an advantable	1 When Langrate now equipment Langral	ls.e.				
1 1 2 2 2 2 3 1 3 3 3 3 3 3 3 3	1. When I operate new equipment I general	iy. 	liston to an audionation from some one color			
look at a map 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 sheet cook a new dish, I like to: (of low a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 0 demonstrate first and then let them have a go 1 stern to say: write instructions down for them 0 give them a verbal explanation 0 give them a verbal explanation 0 give them a verbal explanation 0 puring my free time I most enjoy: wotch how ido it 6. During my free time I most enjoy: wotch how ido it 7. When I go shopping for clothes, I tend to: I magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 ask for spoken directions 1 playing sport or doing DIY 0 try them on and test them out 1 ask men I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 magine what it would be like to be there 0 listen to recommendations from friends 1 test-drive lots of different types 0 discuss what I need with my friends 1 test-drive lots of different types 0 when I am choosing a new skill, I am most comfortable: watching what the teacher is doing 1 what m supposed to do 1 what i'm supposed to do 1 listen iam learning a new skill, I am most comfortable: watching what the food will look like 0 what i'm supposed to do 1 what i'm supposed to do 2 when I listen to a band, I can't help: wotching what the food will look like 1 moving in time with the music 1 moving in time with the music 1 moving in time with the music 1 moving			· • • • • • • • • • • • • • • • • • • •	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 0 demonstrate first and then let them have a go 1. S. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 0 following 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 0 fry them on and test them out 1. Magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1. Magine what it would be like to be there 0 listen to recommendations from friends 1 magine what it would be like to be there 0 listen to recommendations from friends 1 test-drive lots of different types 0 discuss what I need with my friends 1 test-drive lots of different types 0 discuss what I need with my friends 1 test-drive lots of different types 0 discuss what I mead with my supposed to do 1 lift am choosing food off a menu, I tend to: magine what the teacher is doing 1 what I'm supposed to do 1 lift am choosing food off a menu, I tend to: magine what the food will look like 0 my partner 1 lalking through with the teacher exactly what I'm supposed to do 1 lift am choosing food off a menu, I tend to: magine what the food will look like 0 listen to a band, I can't help: watching the band members and other partner 1 discuss the problem and the possible of 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 extures and what it feels like to touch them 1 can't sit still, fiddle and move around constantly. 1 can't sit still, fiddle and move around constantly.	2. When I need directions for travelling I usu	ually:	Г	1	1	
follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 0 d. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 0 denonstrate first and then let them have a 1 s. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 0 0 d. During my free time I most enjoy: soing to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 or try them on and test them out 1 s. 8. When I go shopping for dothes, 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 1 s. 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 s. 9. If I was buying a new car, I would: 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 0 listen to recommendations in my head or with 1 magine what the food will taste like 0 my partner 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 0 people in the audience 1 my partner 1 my partner 1 moving in time with the music 0 people in the audience 1 moving in time with the music 0 people in the audience 1 moving in time with the music 0 people in the audience 1 moving in time with the music 1 moving in time with the	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 0 demonstrate first and then let them have a go 1 stend to say: watch how I do it 0 listen to me explain 1 you have a go 0 G. 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 0 Ty, 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 1 smagine what it would be like to be there 1 imagine what it would be like to be there 1 imagine what it would be like to be there 1 imagine what it would be like to be there 1 imagine what it would be like to be there 1 test-drive lots of different types 1 test-drive lots of different types 1 test-drive lots of different types 1 talking through with the teacher exactly what I'm suppose 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 watching what the food will look like 1 talk through the options in my head or with my partner 1 limagine what the food will look like 1 moving in time with the music 1 working the band members and other people in the audience 1 when I concentrate, I most often: 1 focus on the works or the pictures in front of offen discuss the problem and the possible solutions in my head 1 moving in time with the music 1 moving in time with the music 1 move around a lot, fiddle with pens and pencils and touch things 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 2 being spoken to 0 doing something 1 their textures and what it feels like touch them 1 can't sit still, fiddle and move around 1 can't sit still, fiddle and move around	3. When I cook a new dish, I like to:	1		1		
write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a 1 5.1 tend to say: watch how I do it 0 listen to me explain 1 you have a go 0 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 DIV 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 1 magine what it would be like to be there 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 0 discuss what I need with my friends 1 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 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 0 listening to the lyrics and the beats 1 moving in time with the music 0 moving in time with the music 0 move around a lot, fiddle with pens and pencils in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils in the sudence 0 listening to the lyrics and the beats 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and beat pencils and bouch things 0 move around a lot, fiddle with pens and pencils and beat the sudence 0 listening to the lyrics and the beats 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and beat pencils and beat them of them 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and beat them 1 moving in time with the music 1 moving in time with the music 1 moving in time with the music 1 moving in time with the mus	follow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0
white instructions down for them 0 give them a verbal explanation 0 go 1 5. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 0 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 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 1 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 0 discuss what I need with my friends 1 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 talking through with the teacher exactly what I'm supposed to do 1 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 12. When I listen to a band, I can't help: watching what the food will look like 0 listen in the advance of the listen to a band, I can't help: watching what the food will look like 0 listen in the listen in the advance of the look of the pictures in front of my partner 1 13. When I concentrate, I most often: focus on the words or the pictures in front of discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 14. I 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 1 16. When I am anxious, I: 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	4. If I am teaching someone something new	, I tend to:				
watch how I do It 0 listen to me explain 1 you have a go 0 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 0 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 1 1 6. 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 0 discuss what I need with my friends 1 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 talking through with the teacher exactly what I my 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 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 the music 0 talk on the words or the pictures in front 0 talk cours and the beats 1 moving in time with the music 0 talk of me 1 their textures and what it feels like to touch 1 them 1 their textures and what it feels like to touch 1 them 1 their textures and what it feels like to touch 1 them 1 their textures and what it feels like to touch 1 them 1 their textures and what it feels	write instructions down for them	0	give them a verbal explanation	0		1
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 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 1 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 0 discuss what I need with my friends 1 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 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 0 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 discuss the problem and the possible of me audience 1 discuss the problem and the possible of me of the pictures in front of me of the virtue of the pictures in front of me of the pictures in front of the pictures in front of me of the pictures in front of the picture in front of the pictures in front of the pict	5. I tend to say:					
going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 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 1 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 0 discuss what I need with my friends 1 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 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 0 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 0 13. When I concentrate, I most often: focus on the words or the pictures in front 0 discuss the problem and the possible of me solutions in my head 0 my head	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 1 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 0 discuss what I need with my friends 1 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 talking through with the teacher exactly 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 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 discuss the problem and the beats 1 moving in time with the music 0 the discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and solutions in my head 1 pencils and touch things 0 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 0 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 0 doing something 1 talk touch them 1 manxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't still, fiddle and move around constantly 0 or talk touch them 1 talk talk it fiddle and move around 1 talk touch them 1 talk talk it fiddle and move around 1 talk touch touch them 1 talk talk it fiddle and move around 1 talk touch touch touch them 1 talk talk it fiddle and move around touch them 1 talk talk it fiddle and move around touch them 1 talk talk it fiddle and move around touch them 1 talk talk it fi	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 1 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 0 discuss what I need with my friends 1 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 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 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 to the words or the pictures in front of or me 13. When I concentrate, I most often: focus on the words or the pictures in front of or solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 the descriptions the sales-people give me 1 their textures and what It feels like to touch 0 them cooking at something 0 being spoken to 1 doing something 1 can't still, fiddle and move around constantly 0 talk over in my head what worries me most 1 can't still, fiddle and move around constantly 0 talk tower on my head or with the sales to touch constantly 0 talk tower in my head what worries me most 1 can't still, fiddle and move around constantly 0 talk tower in my head what worries me most 1 can't still, fiddle and move around constantly 0 talk tower in my head what worries me most 1 can't still, fiddle and move around constantly 0 talk tower in my head what worries me most 1 can't still, fiddle and move around constantly 0 talk tower in my head what worries me most 1 can't still, fiddle and move around constantly 0 talk tower in my head what worries me most 1 can't still, fiddle and move around constantly 1 can't still, fiddle and move	going 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 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 0 discuss what I need with my friends 1 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 talking through with the teacher exactly what I'm supposed to do 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 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 imagine what it feels ilke to touch 0 imagine what it is madine what it feels ilke to touch 1 imagine what it feels ilke 1 imagine what it in the cart of the cart of the	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 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 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 talking through with the teacher exactly what I'm supposed to do 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 0 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 0 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. Improve around a lot, fiddle with pens and pencils and touch things 0 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: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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	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 0 discuss what I need with my friends 1 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 talking through with the teacher exactly what I'm supposed to do 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 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 0 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 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 1 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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 0	8. When I am choosing a holiday I usually:					
read reviews in newspapers and magazines 0 discuss what I need with my friends 1 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 talking through with the teacher exactly what I'm supposed to do 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 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 0 13. When I concentrate, I most often: focus on the words or the pictures in front of me 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: looking at something 0 being spoken to 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly	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 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 look like 1. When I listen to a band, I can't help: watching the band members and other people in the audience 1. Imagine what the food will taste like 1. Imagine what the food will taste lik	9. If I was buying a new car, I would:	l		ı		
watching what the teacher is doing 1 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 0 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 0 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 0 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 1. 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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 0	read reviews in newspapers and magazines	0	discuss what I need with my friends	1	test-drive lots of different types	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 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 15. My first memory is of: looking at something 1 what I'm supposed to do 1 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 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their am anxious, I: 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	10. When I am learning a new skill, I am mo	st comfort	able:	1		
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 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 talk through the options in my head or with my partner 1 imagine what the food will taste 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 taste like the music 1 imagine what the food will taste like the music 1 imagine what the food will taste like the music 1 imagine what the food	watching what the teacher is doing	1		0	giving it a try myself and work it out as I go	0
In imagine what the food will look like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 my partner 1 moving in time with the music 0 moving in time with the music 1 moving in	11. If I am choosing food off a menu, I tend	to:		ı		
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 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 colours and how they look 1 their textures and what it feels like to touch them 15. My first memory is of: 16. When I am anxious, I: visualise the worst-case scenarios 0 listening to the lyrics and the beats 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and touch things 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 can't sit still, fiddle and move around constantly	imagine what the food will look like	0	1	1	imagine what the food will taste like	0
people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 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 0 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 0 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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 0	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 0 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: 16. When I am anxious, I: 17 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 0 one of the pictures in front of the pictures and with pens and pencils and touch things 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 can't sit still, fiddle and move around constantly	S	0	listening to the lyrics and the beats	1	moving in time with the music	0
of me	13. When I concentrate, I most often:					
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 0 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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 0	· ·	0	1	1	-	0
their colours and now they look 0 the descriptions the sales-people give me 1 them 0 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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 0	14. I choose household furnishings because	I like:	1			
looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 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 0	their colours and how they look	0	the descriptions the sales-people give me	1		0
16. When I am anxious, I: 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 0	15. My first memory is of:	<u> </u>		<u> </u>		
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 0	looking at something	0	being spoken to	0	doing something	1
visualise the worst-case scenarios 0 talk over in my head what worries me most 1 constantly	16. When I am anxious, I:					
	visualise 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:	17. I feel especially connected to other peop	ole because	e of:	<u> </u>		

				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:			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:									
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	0	taking part in sporting activities, eating fine foods and wines or dancing	1				
21. Most of my free time is spent:									
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:		T							
look and dress	0	sound and speak	0	stand and move	1				
24. If I am angry, I tend to:		<u> </u>							
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:	ı		1						
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:		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:	I	·					
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:	ı		ı						
I see what you mean	0	I hear what you are saying	1	I know how you feel	0				
	•	1		•					

Total:

Visual 8 Auditory 13 Kinesthetic 9