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.

			T			
			Date			
Alivio, Angela Cuyno			27-November-2023			
1. When I operate new equipment I general	y:			·		
read the instructions first	1	listen to an explanation from someone who has used it before	0	go ahead and have a go, I can figure it out as I use it	0	
2. When I need directions for travelling I usu	ially:					
look at a map	0	ask for spoken directions	1	follow my nose and maybe use a compass	0	
3. When I cook a new dish, I like to:	ļ		ļ	+		
follow a written recipe	0	call a friend for an explanation	1	follow my instincts, testing as I cook	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	
5. I tend to say:	I					
watch how I do it	1	listen to me explain	0	you have a go	0	
6. During my free time I most enjoy:	ļ		ļ	+		
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:	•		•			

If I was buying a new car, I would: ead reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 0 O. When I am learning a new skill, I am most comfortable: Vatching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 1 giving it a try myself and work it out as I go 0 I. If I am choosing food off a menu, I tend to: magine what the food will look like 0 talk through the options in my head or with my partner Vatching the band members and other eople in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 3. When I concentrate, I most often: Sucus on the words or the pictures in front fine 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 4. I choose household furnishings because I like: Heir 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 5. My first memory is of: Socking at something 1 being spoken to 0 doing something 0 6. When I am anxious, I: Issualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 7. I feel especially connected to other people because of: Ow they look 0 what they say to me 0 how they make me feel 1								
and reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 0 1. When I am learning a new skill, I am most comfortable: Vatching what the teacher is doing 0 talk in griving with the teacher exactly what I'm supposed to do 1. If I am choosing food off a menu, I tend to: Magine 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 2. When I listen to a band, I can't help: Vatching the band members and other eople in the audience 3. When I concentrate, I most often: Sous on the words or the pictures in front for me or solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 4. 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 5. My first memory is of: Solving at something 1 being spoken to 0 doing something 0 6. When I am anxious, I: Italk over in my head what worries me most 0 can't sit still, fiddle and move around 2 constantly 7 7. I feel especially connected to other people because of: ow they look 0 what they say to me 0 how they make me feel 1	read lots of brochures	1	listen to recommendations from friends	0	imagine what it would be like to be there	0		
O. When I am learning a new skill, I am most comfortable: Tatching what the teacher is doing O talking through with the teacher exactly what I'm supposed to do 1. If I am choosing food off a menu, I tend to: Tatching the body will look like O talk through the options in my head or with my partner Tatching the band members and other eople in the audience 3. When I concentrate, I most often: Docus on the words or the pictures in front fine 4. I choose household furnishings because I like: Their colours and how they look 1 the descriptions the sales-people give me 1 move around a lot, fiddle with pens and pencils and touch things O their textures and what it feels like to touch them S. My first memory is of: Tatk over in my head what worries me most O doing something O can't sit still, fiddle and move around constantly O constantly O how they make me feel 1 how they make me feel 1 how they make me feel 1 how they make me feel	9. If I was buying a new car, I would:							
talking through with the teacher exactly what I'm supposed to do 1. If I am choosing food off a menu, I tend to: magine 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 2. When I listen to a band, I can't help: vatching the band members and other eople in the audience 3. When I concentrate, I most often: ocus on the words or the pictures in front form form form at I can't help: ocus on the words or the pictures in front of free ocus on the words or the pictures in front of free ocus on the words or the pictures in front of free ocus on the words or the pictures in front of free ocus on the words or the pictures in front of free ocus on the words or the pictures in front of solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 their textures and what it feels like to touch them 5. My first memory is of: ooking at something 1 being spoken to 0 doing something 0 can't sit still, fiddle and move around constantly 7. I feel especially connected to other people because of: ow they look 0 how they make me feel 1	read reviews in newspapers and magazines	1	discuss what I need with my friends	0	test-drive lots of different types	0		
what I'm supposed to do 1 giving it a try myseif and work it out as I go talk through the options in my head or with my partner 1 limagine what the food will laste like 0 2. When I listen to a band, I can't help: vatching the band members and other eople in the audience 3. When I concentrate, I most often: ous on the words or the pictures in front fore 4. I choose household furnishings because I like: heir colours and how they look 1 the descriptions the sales-people give me 5. My first memory is of: ooking at something 1 being spoken to 0 doing something 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 7. I feel especially connected to other people because of: ow they look 0 how they make me feel 1 limagine what the food will taste like 0 moving in time with the music 0 moving in time with the music 0 them words or the pictures in front on time with the music 0 the moving in time with	10. When I am learning a new skill, I am most comfortable:							
talk through the options in my head or with my partner 1 imagine what the food will taste like 0 2. When I listen to a band, I can't help: Vatching the band members and other eople in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 3. When I concentrate, I most often: Outso on the words or the pictures in front from from from the color of the solutions in my head 0 4. 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 5. My first memory is of: Outside the worst-case scenarios 1 talk over in my head what worries me most 0 constantly 7. I feel especially connected to other people because of: Ow they look 0 what they say to me 0 how they make me feel 1	watching what the teacher is doing	0		1	giving it a try myself and work it out as I go	0		
magine what the food will look like 0 my partner 1 imagine what the food will taste like 0 2. When I listen to a band, I can't help: //atching the band members and other eople in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 0 3. When I concentrate, I most often: // Cours on the words or the pictures in front form members and beautions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 0 4. I choose household furnishings because I like: // Cours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 0 5. My first memory is of: // Cours and how they look 1 being spoken to 0 doing something 0 0 6. When I am anxious, I: // Cours and how they look 0 what they say to me 0 how they make me feel 1	11. If I am choosing food off a menu, I tend to:							
Astching the band members and other eople in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 and the audience 1. 3. When I concentrate, I most often: Docus on the words or the pictures in front firm members and pencils and touch things of the solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 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 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 move around a lot, fiddle with pens and pencils and touch things 1 move around pencils and touch things 1 move around pencils and touch things 1 move around pencils and touch things 2 move around pencils and touch things 2 move around pencils and touch things 3 move around pencils and touch things 2 move around pencils and touch things 3 move around pencils and touch things 3 move around them 2 move around pencils and touch things 3 move around pencils and touch things 3 move around them 2 move around a lot, fiddle with pens and pencils and touch things 3 move around pencils and touch things 3 move around them 2 move around pencils and touch things 3 move around pencils and touch things 3 move around them 2 move around pencils and touch things 3 move around pencils and	imagine what the food will look like	0		1	imagine what the food will taste like	0		
as when I concentrate, I most often: Comparison of the interval of the inte	12. When I listen to a band, I can't help:							
discuss the problem and the possible feme 1 move around a lot, fiddle with pens and pencils and touch things 0 4. I choose household furnishings because I like: Their colours and how they look 1 the descriptions the sales-people give me 5. My first memory is of: Tooking at something 1 being spoken to 0 doing something 0 6. When I am anxious, I: Tileel especially connected to other people because of: Towk they look 0 what they say to me 0 how they make me feel 1	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		
f me	13. When I concentrate, I most often:	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 5. My first memory is of: Doking at something 1 being spoken to 0 doing something 0 Can't sit still, fiddle and move around constantly 7. I feel especially connected to other people because of: Ow they look 0 what they say to me 0 how they make me feel 1	focus on the words or the pictures in front of me	0	-	1	- I	0		
the descriptions the sales-people give me them	14. I choose household furnishings because I like:							
booking at something 1 being spoken to 0 doing something 0 6. When I am anxious, I: isualise 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 7. I feel especially connected to other people because of: ow they look 0 what they say to me 0 how they make me feel 1	their colours and how they look	1	the descriptions the sales-people give me	0		0		
6. When I am anxious, I: isualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 7. I feel especially connected to other people because of: ow they look 0 what they say to me 0 how they make me feel 1	15. My first memory is of:							
isualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 7. I feel especially connected to other people because of: ow they look 0 what they say to me 0 how they make me feel 1	looking at something	1	being spoken to	0	doing something	0		
7. I feel especially connected to other people because of: ow they look 0 how they make me feel 1 talk over in my nead what worries me most 0 constantly 0 how they make me feel 1	16. When I am anxious, I:	I.						
ow they look 0 what they say to me 0 how they make me feel 1	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:							
8. When I have to prepare for an exam, I generally:	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 generally:							

in					
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:					
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	0	talking to friends	0	doing physical activity or making things	1
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:	1				
look and dress	0	sound and speak	1	stand and move	0
24. If I am angry, I tend to:	1				
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 lyi	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:					
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	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 most comfortable:						
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:						
I see what you mean	1	I hear what you are saying	0	I know how you feel	0	

Total:

Visual 15 Auditory 10 Kinesthetic 5