## **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.

			Date			
Jane Niña Canieso			19-January-2024			
When I operate new equipment I gene	rally:					
ad the instructions first	0	listen to an explanation from someone who has used it before	1	go ahead and have a go, I can figure it out as I use it	0	
When I need directions for travelling I	usually:					
ok at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0	
When I cook a new dish, I like to:		-				
llow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0	
If I am teaching someone something no	ew, I tend to:					
ite instructions down for them	0	give them a verbal explanation	1	demonstrate first and then let them have a go	0	
I tend to say:		1	1			
atch how I do it	0	listen to me explain	1	you have a go	0	
During my free time I most enjoy:	<b>I</b>			<u> </u>		
ing to museums and galleries	0	listening to music and talking to my friends	1	playing sport or doing DIY	0	
When I go shopping for clothes, I tend	to:					
agine what they would look like on	1	discuss them with the shop staff	0	try them on and test them out	0	
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  0. When I am learning a new skill, I am most comfortable:  ratching what the teacher is doing  0 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 when I listen to a band, I can't help:  ratching the band members and other eople in the audience  3. When I concentrate, I most often:  sucus on the words or the pictures in front fine  1 discuss the problem and the possible solutions in my head  0 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  0 move around a lot, fiddle with pens and pencils and touch things  1 the descriptions the sales-people give me  1 the descriptions the sales-people give me  1 their textures and what it feels like to touch them  5. My first memory is of:  1 can't sit still, fiddle and move around constantly  7. I feel especially connected to other people because of:  1 ow whey look  0 how they make me feel  1 obox they was the pence of the problem and the possible solutions they make me feel  1 obox they look  0 how they make me feel  1 obox they was the mence of the people because of:								
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:  1. The composed to do a talking through with the teacher exactly what I'm supposed to do a talking through with the teacher exactly what I'm supposed to do a talking through with the teacher exactly what I'm supposed to do a talking through with the teacher exactly what I'm supposed to do a talking through with the teacher exactly what I'm supposed to do a talking through with the teacher exactly what I'm supposed to do a talking through with the teacher exactly in the supposed to do a talking the food will look like a talking the options in my head or with in my partner and the food will look like a talking the options in my head or with in my partner and the food will taste like a talking the band members and other explein the audience and the possible solutions of the listening to the lyrics and the beats in moving in time with the music and the my partner and the possible solutions in my head and to the problem and the possible solutions in my head in the possible solutions in my head and touch things and pencils and touch things and pencils and touch things and pencils and touch things are represented by the descriptions the sales-people give me and the free treatures and what it feels like to touch them and the possible solutions in my head what worries me most in the feel when the food will taste like to touch them and the possible solutions in my head what worries me most in the feel when the food will taste like and the food will	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:  vatching 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:  vatching 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  0 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:  outs on the words or the pictures in front free  4. I choose household furnishings because I like:  wheir colours and how they look  1 the descriptions the sales-people give me  5. My first memory is of:  solving 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  7. I feel especially connected to other people because of:  ow they look  0 how they make me feel  1 laking through with the teacher exactly giving it a try myself and work it out as I go  0 maging it a try myself and work it out as I go  1 limagine what the food will taste like  0 magine what the food will taste like  0 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  0 their textures and what it feels like to touch them  1 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	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:  I alk through the options in my head or with my partner  1. Imagine what the food will look like  0. Italk through the options in my head or with my partner  2. When I listen to a band, I can't help:  I attaching the band members and other eople in the audience  3. When I concentrate, I most often:  I discuss the problem and the possible solutions in my head  4. I choose household furnishings because I like:  I the descriptions the sales-people give me  0. Their extures and what it feels like to touch them  5. My first memory is of:  I can't sit still, fiddle and move around constantly  7. I feel especially connected to other people because of:  I what they say to me  0. How they make me feel  1. Imagine what the food will taste like  I moving in time with the music  0. Imagine what the food will taste like  I moving in time with the music  0. Imagine what the food will taste like  I moving in time with the music  0. Imagine what the food will taste like  I moving in time with the music  0. Imagine what the food will taste like  I moving in time with the music  0. Imagine what the food will taste like  I moving in time with the music  0. Imagine what the food will taste like  0. Imagine what the fo	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  what I'm supposed to do  1. If I am choosing food off a menu, I tend to:  Inagine what the food will look like  0 talk through the options in my head or with my partner  1 moving in time what the food will taste like  0  2. When I listen to a band, I can't help:  Variching the band members and other eople in the audience  3. When I concentrate, I most often:  Outs on the words or the pictures in front from  1 discuss the problem and the possible solutions in my head  1 the descriptions the sales-people give me  1 the descriptions the sales-people give me  1 the descriptions the sales-people give me  3. When I am anxious, I:  Solutions in my head what worries me most  1 can't sit still, fiddle and move around constantly  1 can't sit still, fiddle and move around constantly  1 can't sit still, fiddle and move around constantly  1 can't sit still, fiddle and move around constantly  1 can't sit still, fiddle and move around constantly  1 can't sit still, fiddle and move around constantly  2 what they say to me  0 how they make me feel  1	10. When I am learning a new skill, I am mos	st comfort	able:					
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:  Outson the words or the pictures in front from my head 0  4. I choose household furnishings because I like:  Desir 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:  Doking at something 0 being spoken to 0 doing something 1  Can't sit still, fiddle and move around 0  7. I feel especially connected to other people because of:  Dow 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:  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 and the people in the audience 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 0 pencils and touch things 0 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 0 pencils and touch things 0 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 0 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 0 move around solutions in my head 0 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 0 move around touch things 0 move around the pencils and touch things 0 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 0 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 0 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 0 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 0 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 0 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 0 move around a lot, fiddle with pens and pencils and touch things 0 move around a lot, fiddle with pens and pencils and to	11. If I am choosing food off a menu, I tend to:							
As 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. It was a discuss the problem and the possible solutions in my head 0 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 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 them 0 doing something 1 doing something 2 doing something 2 doing something 2 doing something 2 doing something 3 doing something 2 doing something 3 doing something 2 doing something 3 doing something 4 doing something 3 doing something 4 doing something 3 doing something 4 doing something 5 doing something 4 doing something 4 doing something 5 doing something 5 doing something 6 doing some	imagine what the food will look like	0		1	imagine what the food will taste like	0		
as when I concentrate, I most often:    Concentrate, I most often:   Conce	12. When I listen to a band, I can't help:	12. When I listen to a band, I can't help:						
discuss the problem and the possible solutions in my head 0 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 0 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 0 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 0 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 0 move around a lot, fiddle with pens and pencils and touch things 0 move around them.	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  1 solutions in my head  4. I choose household furnishings because I like:  neir 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 them  5. My first memory is of:  ooking at something  0 being spoken to  0 doing something  1 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	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  0 their textures and what it feels like to touch them  1 obeling spoken to  0 doing something  1 obeling spoken to  1 can't sit still, fiddle and move around constantly  7. I feel especially connected to other people because of:  what they say to me  0 how they make me feel  1	focus on the words or the pictures in front of me	1	-	0	- I	0		
the descriptions the sales-people give me  them	14. I choose household furnishings because	I like:						
booking at something 0 being spoken to 0 doing something 1  6. When I am anxious, I:  isualise 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  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  0 talk over in my head what worries me most 1 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  0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly  7. I feel especially connected to other people because of:  0 what they say to me 0 how they make me feel 1	looking at something	0	being spoken to	0	doing something	1		
ow they look  O talk over in my head what worries me most 1 constantly  Constantly  O 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	0	talk over in my head what worries me most	1		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:							

<u></u>					
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	1	explain to them in different ways until they understand	0	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	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:	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	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:	1				

writing notes or keeping printed details	1 ()	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	0	complaining over the phone	1	taking the item back to the store or posting it to head office	0
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 13 Auditory 13 Kinesthetic 4