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.

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23.1 first notice how people: look and dress	22. When I first contact a new person, I usua	ally:				
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 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: 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 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: I see what you mean 1 I hear what you are saying 0 I know how you feel 0	arrange a face to face meeting	0	talk to them on the telephone	1		0
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	Total:					
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