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 operate new equipment I generally: read the instructions first 1				Date 08-April-2024						
state to the instructions first 1 base used it before 1 base used it before 2. When I need direction for travelling I unually: 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to: 10 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to: 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to: 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to: 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to: 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to: 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 2. When I coek a new dish, I like to my more and the like them have a 1 2. When I coek a present of them a verbal explanation 0 demonstrate first and then let them have a 1 2. When I coek as present of the spoken of the spoken and them let them have a 2 1. When I coek as present of the spoken may be the spoken of the spoken may be the spoken may be spoken or doing DIV 1 1. When I coek shopping for clothes, I tend to: 1 magine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 0 2. When I am choosing a holiday I usually: 1 was being a new car, I would: 1 was being a new car, I would: 1 was being an enew car, I would: 1 when I am learning a new skill, I am most comfortable: 1 was being an enew car, I would be like to be there 0 2. 1 when I am learning a new skill, I am most comfortable: 1 was being an enew car, I would be like to be there 0 2. 1 when I am learning a new skill, I am most comfortable: 1 was being and an active to a band, I cart help: 1 was being food off a menu, I tend to: 1 magine what the food will look like 0 try my partner 1 which is a proposed to do a contractive may be a contractive may be a	Juan Faulo Belanules	оо дриг								
As used it before 0 as tuse it	1. When I operate new equipment I general	ly:	I	1	T I					
Section Sect	read the instructions first	1	•	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 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 strend to say: write instructions down for them 0 listen to me explain 1 you have a go 0 condition of them of the say: write instructions down for them 0 listen to me explain 1 you have a go 0 condition of them of the say: write instructions down for them 1 you have a go 0 playing sport or doing DIY 1 condition of them out 1 discuss them with the shop staff 0 try them on and test them out 0 sets of different types of the say: write instructions down for the say in	2. When I need directions for travelling I use	ually:	T		T					
Collow a written recipe	look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0				
4. If am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 0 to the them out 0 t	3. When I cook a new dish, I like to:	ı		ı						
write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a 1 so 5. I tend to say: watch how I do Ik 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 0 playing sport or doing DiY 1 1 7. When I go shopping for clothes, I tend to: margine what they would look like on 1 discuss them with the shop staff 0 try them on and test them out 0 on 1. 8. When I am choosing a holiday I usually: read lots of brothures 0 listen to recommendations from friends 1 maggine what it would be like to be there 0 on 1. 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 on 1. 10. When I am learning a new skill, I am most confortable: watching what the teacher is doing 1 talking through with the teacher exactly watching what the food will look like 0 there 1 talking through with the teacher exactly my partner 1 talking through with the potions in my head or with my partner 1 talking through the options in my head or with my partner 1 talking through the options in my head or with my partner 1 the audience 1 talking through the options in my head or with my partner 1 the audience 1 talking through the options in my head or with my partner 1 the audience 1 talking through the options in my head or with my partner 1 the audience 1 talking through the options in my head or with my partner 1 the audience 1 talking through the possible solutions in my head or with my partner 1 the audience 1 through the possible solutions in my head or with my partner 1 the food will took like 0 the subject 1 the descriptions the sales-people give me 1 their restures and what it feels like to took them 1 their colours and how they look 1 the descriptions the sales-people give me 0 their restures and what it feels like to took them 1 their colours and how they look 1 talk over in my head	follow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0				
write instructions down for them. D give them a verbal explaination. D give them a verbal explaination. D give them a verbal explaination.	4. If I am teaching someone something new	, I tend to		ı						
watch how I do it 0 isten 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 0 playing sport or doing DIV 1 7. When I go shopping for clothes, I tend to: imagine what they would look like on 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 limagine what it would be like to be there 0 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 meaning a new skill, I am most comfortable: watching what the teacher is doing 1 talking through with the teacher exactly what I may partner 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 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 people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 people in the audience 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 solutions in my head to work in the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 their coolurs and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 tou	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 0 playing sport or doing DIY 1 7. When I go shopping for clothes, I tend to: imagine what they would look like on 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 review 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 talking through with the teacher exactily 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 they are the problems in my head or with 1 my partner 1 moving in time with the music 0 my partner 1 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 my partner 1 moving in time with the music 0 moving in time with the music 1 moving in t	5. I tend to say:	1		ı						
poing 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 on 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 magine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in mewspapers 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 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 1 magine what the food will look like 0 talk through the options in my head or with 1 magine what the food will take like 0 talk through the options in my head or with 1 magine what the food will take like 0 talk through the options in my head or with 1 magine what the food will take like 0 talk through the options in my head or with 1 magine what the food will take like 0 talk through the options in my head or with 1 moving in time with the music 0 talk through the problem and the possible 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk out things 0 the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in time with the music 0 talk to the lyrics and the beats 1 moving in ti	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 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: Iread 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: Iread 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 talky mough 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 look like 0 listening to the lyrics and the beats 1 moving in time with the music 0 people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 discuss the problem and the possible solutions in my head 0 the people in the audience 1 discuss the problem and the possible solutions in my head 0 the free course of the price and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to 1 touch them 1 their textures and what it feels like to 1 touch them 1 their textures and what it feels like to 1 touch them 1 can't sit still, fiddle and move around 2 constantly 1. If feel especially connected to other people because of: 10. When I am anxious, I: 11. If lead especially connected to other people because of: 12. What I am anxious, I: 13. When I have to prepare for an exam, I generally: 14. Honose household furnishings because of: 15. Why first memory is of: 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 20. copplain to them in different ways until they 1 encourag	6. During my free time I most enjoy:	l	T	ı I						
imagine what they would look like on 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 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: talking through with the eacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the possible solutions in my head 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 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 1 listening 1 being spoken to 0 doing something 0 doing something 0 listening to talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 listening to make they say to me 0 how they look 1 listening to them in different ways until they 1 limited to try and talk them 0 listening to them in different ways until they 1 encourage them to try and talk them 0 limited to try and talk them 0 limited to the orevision notes and diagrams 1 like 1 listening to them in di	going to museums and galleries	0	listening to music and talking to my friends	0	playing sport or doing DIY	1				
8. When I am choosing a holiday I usually: read lots of brochures 9. If I was buying a new car, I would: read reviews in newspapers and magazines 1 discuss what I need with my friends 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 11. When I listen to a band, I can't help: watching the band members and other people in the audience 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 offen: 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 1 the descriptions the sales-people give me 15. My first memory is of: looking at something 1 being spoken to 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 17. I feel especially connected to other people because of: how they look 1 talk over in my head what worries me most 1 imagine what it would be like to be there 0 test-drive lots of different types 0 talk over in my head or with my friends 1 magine what it would be like to be there 0 to magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 their extures and what it feels like to touch them 1 can't sit still, fiddle and move around constantly 1 constantly 1 imagine making the movement or creating the formula 1 imagine making the movement or creating the formula 1 imagine making the movement or creating the formula 1 encourage them to try and talk them 1 encourage them to try and talk them	7. When I go shopping for clothes, I tend to:	: :		I						
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 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 my partner 1 imagine what the food will taste like 0 my partner 1 imagine what the food will taste like 0 moving in time with the music 0 istensing to the lyrics and the beats 1 moving in time with the music 0 istensing to the lyrics and the beats 1 moving in time with the music 0 is discuss the problem and the possible of me 0 discuss the problem and the possible 1 move around a lot, fiddle with pens and pencils and touch things 0 is discuss the problem and the possible 1 move around a lot, fiddle with pens and pencils and touch things 0 is the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 being spoken to 0 doing something 0 is talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 imagine making the movement or creating 1 the formula 0 explain to them in different ways until they 1 imagine making the movement or creating 0 the formula 1 imagine making the movement or creating 1 the formula 1 encourage them to try and talk them 0 explain to them in different ways until they 1 encourage them to try and talk them 0 explain to them in different ways until they 1 encourage them to try and talk them 0 explain to them to different ways until they 1 encourage them to try and talk them 0 explain to them to different ways until they 1 encourage them to try and talk them 1 expl	imagine what they would look like on	1	discuss them with the shop staff	0	try them on and test them out	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 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 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 solutions in my head 0 14. 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 1. The first textures and what i	8. When I am choosing a holiday I usually:		I							
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 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 0 listening to the lyrics and the beats 1 moving in time with the music 0 people in the audience 1 imagine what the food will taste like 0 discuss the problem and the possible of me 1 moving in time with the music 0 discuss the problem and the possible of me 1 move around a lot, fiddle with pens and pencils and touch things 0 doing something 1 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 0 doing something 0 doing something 0 doing something 0 doing something 1 being spoken to 0 doing something 0 doing something 0 doing something 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around 2 constantly 0 doing the formula 1 limited by the movement or creating the formula 1 limited by the formula 1 limited by the formula 1 limited by the movement or treating the formula 1 limited by the formula 1 limited by the movement or treating the limited by the formula 1 limited by the movement or treating the formula 1 limited by the movement or treating the formula 1 limited by the movement or treating the limited by the formula 1 lim	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 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 look like 0 talk through the options in my head or with my partner 1 Imagine what the food will taste like 0 Istening to the lyrics and the beats 1 Imoving in time with the music 0 people in the audience 13. When I concentrate, I most often: 14. I choose household furnishings because I like: 15. My first memory is of: 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: write lots of revision notes and diagrams 0 explain to them in different ways until they the my what I mean 0 explain to them in different ways until they 1 encourage them to try and talk them 0 explain to them in different ways until they 1 encourage them to try and talk them 0 people in the audience 1 moving in time with the food will taste like 1 magine what the food will taste like 1 moving it a try myself and work it out as I go 1 magine what the food will taste like 1 magine what the food will taste like 1 moving it a try myself and work it out as I go 1 magine what the food will taste like 1 magine what the	9. If I was buying a new car, I would:	ı		ı						
talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: 12. When I listen to a band, I can't help: 13. When I concentrate, I most often: 14. Ichoose household furnishings because I like: 15. My first memory is of: 16. When I am anxious, I: 17. If eel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 18. When I have to prepare for an exam, I generally: 18. When I was to make the food will down they look 19. It is a was the problem and the possible of the lyrics and the beats 10. Imagine what the food will taste like 11. Imagine what the food will taste like 12. When I have to prepare for an exam, I generally: 13. When I have to prepare for an exam, I generally: 14. It is a was a was the problem and the possible of the lyrics and the beats 15. When I have to prepare for an exam, I generally: 18. When I have to prepare for an exam, I generally: 19. When I have to prepare for some care, I was to them in different ways until they 19. Explain to them in different ways until they 10. Imagine making the movement or creating of the formula of them in different ways until they 19. Explain to them in different ways until they 10. Imagine making the movement or creating of the formula of them in different ways until they 19. Explain to them in different ways until they 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them 10. Imagine making the movement or try and talk them	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. 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 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 1 the descriptions the sales-people give me 15. Why first memory is of: looking at something 1 being spoken to 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around 17. I feel especially connected to other people because of: how they look 0 what they say to me 0 how they make me feel 1 imagine making the movement or creating 1 limagine making the movement or creating 1 limagine making the movement or creating 1 limagine making the movement or treating 1 limagine making the movement or creating 2 limagine making the movement or creating 2 limagine making the movement or creating 3 limagine making the movement or creating 4 limagine making the movement or creating 5 limagine making the movement or creating 5 limagine making the movement or creating 6 limagine making the movement or creating 8 limagine making the movement or creating 9 limagine making the movement or creating 1 limagine making the movement or creat	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 late through the options in my head or with my partner 1 imagine what the food will taste like 0 late through the options in my head or with my partner 1 imagine what the food will taste like 0 late through the band, I can't help: 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 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening in the words or the pictures in front 0 discuss the problem and the possible 1 move around a lot, fiddle with pens and pencils and touch things 1 listening to the lyrics and the beats 1 move around a lot, fiddle with pens and pencils and touch things 1 listening to the descriptions the sales-people give me 0 listening and touch things 1 listening to the descriptions the sales-people give me 0 listening and touch things 1 listening to the descriptions the sales-people give me 0 listening and what it feels like to touch them 0 listening and touch things 1 listening to the lyrics and the possible 1 move around a lot, fiddle with pens and 0 listening and touch things 1 listening to the lyrics and the possible 1 listening and touch things 0 listening 0	watching what the teacher is doing	1		0	giving it a try myself and work it out as I go	0				
Imagine what the food will look like 0 my partner 1 limagine 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 people in the audience 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 15. My first memory is of: llooking at something 1 being spoken to 0 doing something 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 17. I feel especially connected to other people because of: how they look 0 what they say to me 0 how they make me feel 1 limagine making the movement or creating the formula 0 18. When I have to prepare for an exam, I generally: write lots of revision notes and diagrams 0 talk over my notes, alone or with other people them to try and talk them 0 explain to them in different ways until they 1 encourage them to try and talk them 0 can be a band, I mean the formula 1 encourage them to try and talk them 0 can be a band, I mean the formula 1 encourage them to try and talk them 0 can be a band, I mean the formula 1 encourage them to try and talk them 0 can be a band to the missing the movement or treating the shows them what I mean 1 encourage them to try and talk them 0 can be a band to the missing the movement or treating the shows them what I mean 1 encourage them to try and talk them 0 can be a band to the missing the movement or treating the shows them what I mean 1 encourage them to try and talk them 1 encourage them to try and talk them 1 encourage them to try and talk them 1 encou	11. If I am choosing food off a menu, I tend	11. If I am choosing food off a menu, I tend to:								
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 on the words or the pictures in front of me of	imagine what the food will look like	0		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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 15. My first memory is of: looking at something 1 being spoken to 0 doing something 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 17. I feel especially connected to other people because of: 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: write lots of revision notes and diagrams 0 talk over my notes, alone or with other people the formula 0 29. Explain to them in different ways until they 1 encourage them to try and talk them 0 20. Explain to them in different ways until they 1 encourage them to try and talk them 0	12. When I listen to a band, I can't help:	ı		ı						
focus on the words or the pictures in front of me discuss the problem and the possible of me 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 15. My first memory is of: looking at something 1 being spoken to 0 doing something 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 17. I feel especially connected to other people because of: 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: write lots of revision notes and diagrams 0 talk over my notes, alone or with other people 1 timagine 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 1 encourage them to try and talk them 0	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				
of me Solutions in my head Pencils and touch things Solutions in my head Solutions in my	13. When I concentrate, I most often:				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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 0	focus on the words or the pictures in front of me	0		1	I ' '	0				
their colours and how they look 1 the descriptions the sales-people give me to touch them 0 15. My first memory is of: 1 being spoken to 0 doing something 0 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 20 explain to them in different ways until they 1 encourage them to try and talk them 0 21. I feel especially connected to other people because of: 22. I talk over my notes, alone or with other people to the formula occurred to try and talk them 0 23. I talk over my notes, alone or with other people to the formula occurred to try and talk them 0 24. I encourage them to try and talk them 0 25. I encourage them to try and talk them 0	14. I choose household furnishings because	I like:								
looking at something 1 being spoken to 0 doing something 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 17. I feel especially connected to other people because of: 1 how they look 0 what they say to me 0 how they make me feel 1 imagine making the movement or creating people 1 imagine making the movement or creating the formula 1 in imagine making the movement or creating the movement or creating the formula 1 in imagine making the movement or creating the formula in t	their colours and how they look	1	the descriptions the sales-people give me	0		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 17. I feel especially connected to other people because of: 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: 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 19. If I am explaining to someone I tend to:	15. My first memory is of:									
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 17. I feel especially connected to other people because of: 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: 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 19. If I am explaining to someone I tend to:	looking at something	1	being spoken to	0	doing something	0				
talk over in my head what worries me most 1 constantly 0 17. I feel especially connected to other people because of: 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: 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 1 encourage them to try and talk them 0	16. When I am anxious, I:									
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: 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:	visualise the worst-case scenarios	0	talk over in my head what worries me most	1		0				
18. When I have to prepare for an exam, I generally: 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 19. If I am explaining to someone I tend to: show them what I mean 0 explain to them in different ways until they 1 encourage them to try and talk them	17. I feel especially connected to other peop	ole becaus	e of:							
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 talk over my notes, alone or with other the formula 1 imagine making the movement or creating the formula 0 explain to them in different ways until they the formula 1 imagine making the movement or creating the formula 0 explain to them in different ways until they the formula 1 imagine making the movement or creating the formula 0 explain to them in different ways until they the formula 1 imagine making the movement or creating the formula 0 explain to them in different ways until they the formula	how they look	0	what they say to me	0	how they make me feel	1				
write lots of revision notes and diagrams Upeople 1 the formula U 19. If I am explaining to someone I tend to: Show them what I mean Upeople 1 the formula Upeople 1 encourage them to try and talk them Upeople 1 the formula Upeople Upeople 1 the formula Upeople Upeople 1 the formula Upeople Upeop	18. When I have to prepare for an exam, I g	enerally:								
show them what I mean 0 explain to them in different ways until they 1 encourage them to try and talk them 0	write lots of revision notes and diagrams	0		1		0				
snow them what I mean I II I I I I I I I I I I I I I I I I	19. If I am explaining to someone I tend to:	1	I	I	1					
	show them what I mean	0		1	- · · · · · · · · · · · · · · · · · · ·	0				

watching films, photography, looking at art	0	listening to music, the radio or talking to	0	taking part in sporting activities, eating fine	1
or people watching	-	friends	-	foods and wines or dancing	
21. Most of my free time is spent:	I	I		1	
watching television	0	talking to friends	0	doing physical activity or making things	1
22. When I first contact a new person, I usu	ally:	T			
arrange a face to face meeting	0	talk to them on the telephone	0	try to get together whilst doing something else, such as an activity or a meal	1
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	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	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 mos	st 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	T		1	
I see what you mean	1	I hear what you are saying	0	I know how you feel	0
Total					
Total: Visual	13	Auditone	10	Kinesthetic	7
Visual	13	Auditory	10	Kinesthetic	/