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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looking at something 1 being spoken to 0 doing something 0 16. When I am anxious, I: visualise 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 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:	their colours and how they look	1	the descriptions the sales-people give me	0		0		
1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 0 17. I feel especially connected to other people because of: 1 what they say to me 0 how they make me feel 1 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 1 explain to them in different ways until they 0 encourage them to try and talk them 0	15. My first memory is of:	I		l	1			
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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 1 explain to them in different ways until they 0 encourage them to try and talk them 0	17. I feel especially connected to other peop	ple becaus	e of:	1				
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show them what I mean 1 explain to them in different ways until they 0 encourage them to try and talk them 0	write lots of revision notes and diagrams			1		0		
snow them what I mean I I I 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				
	show them what I mean	1		0		0		

Visual	16	Auditory	6	Kinesthetic	8
Total:					
I see what you mean	0	I hear what you are saying	0	I know how you feel	1
30. I tend to say:					
writing a letter	0	complaining over the phone	0	taking the item back to the store or posting it to head office	1
29. If I have to complain about faulty goods,	, I am mos	st comfortable:			
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
28. I remember things best by:					
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
27. When I meet an old friend:					
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0
26. I think that you can tell if someone is lyi	ng if:				
faces	1	names	0	things I have done	0
25. I find it easiest to remember:					
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
24. If I am angry, I tend to:					
look and dress	0	sound and speak	0	stand and move	1
23. I first notice how people:	-				
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
22. When I first contact a new person, I usua	ally:				
watching television	0	talking to friends	0	doing physical activity or making things	1
21. Most of my free time is spent:					
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