## **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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focus on the words or the pictures in front of me  1 discuss the problem and the possible solutions in my head  1 the descriptions the sales-people give me	watching the band members and other people in the audience	0	listening to the lyrics and the beats	0	moving in time with the music	1			
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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 0 being spoken to 0 doing something 1  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 1 how they make me feel 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 0  19. If I am explaining to someone I tend to:	focus on the words or the pictures in front of me			0	· · · · · · · · · · · · · · · · · · ·	0			
their colours and how they look 1 the descriptions the sales-people give me 0 touch them 0  15. My first memory is of:  1 looking at something 0 being spoken to 0 doing something 1  16. When I am anxious, I:  1 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:  1 how they look 0 what they say to me 1 how they make me feel 0  18. When I have to prepare for an exam, I generally:  1 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:	14. I choose household furnishings because	I like:		1					
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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 how they look 0 what they say to me 1 how they make me feel 0  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:	1		1					
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 talk over in my head what worries me most  1 how they look  0 what they say to me  1 how they make me feel  0 talk over my notes, alone or with other people because of:  1 talk over my notes, alone or with other people  1 imagine making the movement or creating the formula  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  2 talk over my notes, alone or with other people  3 talk over my notes, alone or with other people  4 talk over my notes, alone or with other people  5 talk over my notes, alone or with other people  6 talk over my notes, alone or with other people  7 talk over my notes, alone or with other people  8 talk over my notes, alone or with other people  9 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other people o	looking at something	0	being spoken to	0	doing something	1			
talk over in my head what worries me most 0 constantly 0  17. I feel especially connected to other people because of:  how they look 0 what they say to me 1 how they make me feel 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 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 0 encourage them to try and talk them 0	16. When I am anxious, I:	- · · · · · · · · · · · · · · · · · · ·		1					
how they look 0 what they say to me 1 how they make me feel 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 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 0 encourage them to try and talk them 0	visualise the worst-case scenarios	1	talk over in my head what worries me most	0		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  0 talk over my notes, alone or with other the formula  1 explain to them in different ways until they of encourage them to try and talk them	17. I feel especially connected to other peo	ple becaus	e of:	1					
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  1 under the formula  1 explain to them in different ways until they on encourage them to try and talk them	how they look	0	what they say to me	1	how they make me feel	0			
19. If I am explaining to someone I tend to:    Show them what I mean	18. When I have to prepare for an exam, I g	enerally:		1	,				
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	0		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:	·							
	show them what I mean	1		0		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	1	talking to friends	0	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	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	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 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!"	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	0	taking the item back to the store or posting it to head office	1
30. I tend to say:					
l see what you mean	0	I hear what you are saying	1	I know how you feel	0
Tabel					
Total: Visual	15	Auditory	6	Kinesthetic	9