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.

Name				Date			
Christalfel Apurado				27-May-2024			
1. When I operate new equipment I general	lv:						
read the instructions first	0	listen to an explanation from someone who	1	go ahead and have a go, I can figure it out	0		
2. When I need directions for travelling I us	ually:	has used it before		as I use it			
look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0		
3. When I cook a new dish, I like to:	1						
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		
5. I tend to say:							
watch how I do it	0	listen to me explain	1	you have a go	0		
6. During my free time I most enjoy:	1	1	ſ	1			
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	:	1	-				
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	0	imagine what it would be like to be there	1		
9. If I was buying a new car, I would:							
read reviews in newspapers and magazines	0	discuss what I need with my friends	0	test-drive lots of different types	1		
10. When I am learning a new skill, I am mo	st comfor	l table:					
watching what the teacher is doing	0	talking through with the teacher exactly what I'm supposed to do	1	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	1	talk through the options in my head or with my partner	0	imagine what the food will taste like	0		
12. When I listen to a band, I can't help:		, partici					
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	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		
14. I choose household furnishings because	l like:	solutions in my nead					
their colours and how they look	0	the descriptions the sales-people give me	0	their textures and what it feels like to	1		
15. My first memory is of:				touch them			
looking at something	0	being spoken to	0	doing something	1		
16 When Lamanviews 4							
16. When I am anxious, I:	-		_	can't sit still, fiddle and move around			
visualise the worst-case scenarios	0	talk over in my head what worries me most	1	constantly	0		
17. I feel especially connected to other peop	ple becaus	e of:	-	1			
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 g	enerally:	1		-			
write lots of revision notes and diagrams	0	talk over my notes, alone or with other people	0	imagine making the movement or creating the formula	1		
19. If I am explaining to someone I tend to:	1	1	1	1			
show them what I mean	0	explain to them in different ways until they understand	1	encourage them to try and talk them through my idea as they do it	0		
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or people watching 0 friends 0 foods and wines or dancing 1 21. Most of my free time is spent:	20. I really love:					
watching television 0 talking to friends 0 doing physical activity or making things 1 22. When I first contact a new person, I usually: 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. If first notice how people:	watching films, photography, looking at art or people watching	0	listening to music, the radio or talking to friends	0	taking part in sporting activities, eating fine foods and wines or dancing	1
22. When I first contact a new person, I usually: 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. Ifirst notice how people: 1 sound and speak 0 stand and move 0 24. If I am angry, I tend to: see pelayling in my mind what it is that a supset me 1 raise my voice and tell people how I feel 0 stamp about, slam doors and physically demonstrate my anger 0 25. If find it easiest to remember: 1 raise my voice and tell people how I feel 0 stamp about, slam doors and physically demonstrate my anger 0 26. It hink that you can tell if someone is lying if: 1 their voices changes 0 theiry give me funny vibes 0 27. When I meet an old friend: 1 I say "it's great to bear from you!" 0 I give them a hug or a handshake 0 28. I remember things best by: 1 I saying them aloud or repeating words and gone 0 imagining it being done 0 29. If I have to complain about faulty goods, I am most comfortable: mingining over the phone 0 taking the item back to the store or posting it to head office 0 30. I tend to say: 1	21. Most of my free time is spent:	1				
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