## **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	Name Daylor Januaria D			Date 12 May 2024			
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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 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 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 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 be maked to make a movement or creating people 1 imagine making the movement or creating the formula 0 encourage them to try and talk them 1 encourage them	12. When I listen to a band, I can't help:	Τ	I	1			
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of me  1 solutions in my head 0 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 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 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 because of the formula  1 explain to them in different ways until they 0 encourage them to try and talk them 0	13. When I concentrate, I most often:		T	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 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 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:	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 what they say to me 0 how they make me feel 1  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			
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 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 whow 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:  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:	15. My first memory is of:	1	T	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  1. I feel especially connected to other people because of:  1. What they say to me  0 how they make me feel  1. I imagine making the movement or creating people  1. I imagine making the movement or creating the formula  1. I explain to them in different ways until they  0 encourage them to try and talk them  0 encourage them to try and talk them  0 encourage them to try and talk them  0 can't sit still, fiddle and move around constantly  0 can't sit still, fiddle and move around constantly  0 encourage them to try and talk them  0 can't sit still, fiddle and move around constantly  0 encourage them to try and talk them  0 encourage them to try and talk them	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 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:	16. When I am anxious, I:	1		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 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		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  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			
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 of encourage them to try and talk them	how they look		what they say to me	0	how they make me feel	1	
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			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		1			
	show them what I mean	1		0	= -	0	

1	listening to music, the radio or talking to friends	0	taking part in sporting activities, eating fine foods and wines or dancing	0
0	talking to friends	0	doing physical activity or making things	1
ually:	1			
0	talk to them on the telephone	0	try to get together whilst doing something else, such as an activity or a meal	1
	1			
1	sound and speak	0	stand and move	0
ı	1			
1	raise my voice and tell people how I feel	0	stamp about, slam doors and physically demonstrate my anger	0
	1			
0	names	0	things I have done	1
ying if:				
1	their voices changes	0	they give me funny vibes	0
0	I say "it's great to hear from you!"	0	I give them a hug or a handshake	1
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
ls, I am mo	st comfortable:			
1	complaining over the phone	0	taking the item back to the store or posting it to head office	0
0	I hear what you are saying	0	I know how you feel	1
	Auditory	3	Kinesthetic	9
	0 ually: 0  1  1  0 ying if: 1  0  1  1  1	1 friends  0 talking to friends  ually:  0 talk to them on the telephone  1 sound and speak  1 raise my voice and tell people how I feel  0 names  ying if:  1 their voices changes  0 I say "it's great to hear from you!"  1 saying them aloud or repeating words and key points in my head  Is, I am most comfortable:  1 complaining over the phone	1 friends 0  0 talking to friends 0  ually:  0 talk to them on the telephone 0  1 sound and speak 0  1 raise my voice and tell people how I feel 0  0 names 0  ving if:  1 their voices changes 0  1 say "it's great to hear from you!" 0  1 saying them aloud or repeating words and key points in my head ls, I am most comfortable:  1 complaining over the phone 0  0 I hear what you are saying 0	1 sound and speak 0 try to get together whilst doing something else, such as an activity or a meal 1 sound and speak 0 stand and move 1 raise my voice and tell people how I feel 0 stamp about, slam doors and physically demonstrate my anger 0 things I have done 1 their voices changes 0 they give me funny vibes 1 saying the activity or a meal 0 ligive them a hug or a handshake 1 saying them aloud or repeating words and key points in my head 1 complaining over the phone 0 taking the item back to the store or posting it to head office 0 li know how you feel 0 li know how you feel 1 k