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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| 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: 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: write lots of revision notes and diagrams 1 talk over my notes, alone or with other people 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 | 15. My first memory is of: | | | 1 | | | | | | |
| 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 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 how they make me feel 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 8 talk over my notes, alone or with other people 9 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 | 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 1 talk over my notes, alone or with other people 0 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 1 talk over my notes, alone or with other people 0 imagine making the movement or creating the formula 0 19. If I am explaining to someone I tend to: | visualise the worst-case scenarios | | | 1 | | 0 | | | | |
| 18. When I have to prepare for an exam, I generally: write lots of revision notes and diagrams 1 talk over my notes, alone or with other people 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 the formula 1 encourage them to try and talk them 0 explain to them in different ways until they | 17. I feel especially connected to other peop | ple becaus | e of: | 1 | | | | | | |
| write lots of revision notes and diagrams 1 talk over my notes, alone or with other people 0 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 0 encourage 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: explain to them in different ways until they 1 encourage them to try and talk them | 18. When I have to prepare for an exam, I g | enerally: | | 1 | | | | | | |
| explain to them in different ways until they encourage them to try and talk them | write lots of revision notes and diagrams | | | 0 | | 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 | 0 | | 1 | | 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 | 0 | talking to friends | 0 | doing physical activity or making things | 1 |
| 22. When I first contact a new person, I usu | ally: | 1 | | | |
| arrange a face to face meeting | 0 | talk to them on the telephone | 1 | try to get together whilst doing something else, such as an activity or a meal | 0 |
| 23. I first notice how people: | l . | | | | |
| look and dress | 1 | sound and speak | 0 | stand and move | 0 |
| 24. If I am angry, I tend to: | I. | | | | |
| 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 | 1 | they give me funny vibes | 0 |
| 27. When I meet an old friend: | l . | | | | |
| 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: | | | | | |
| I see what you mean | 0 | I hear what you are saying | 0 | I know how you feel | 1 |
| Total: | | | | | |
| Visual | 11 | Auditory | 12 | Kinesthetic | 7 |
| Visual | | Additory | | Kinestnetic | |