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				Date 24-May-2024					
Lead the instructions first 1 base used it before 1 base used it before 2. When I need directions 1 base used it before 2. When I need directions 1 base to 1 base used it before 3. When I cook at a map 1 base to 1 ba	Marianne Joy Parreño		24-IWIdy-2024						
As when I can't a map 1 ask for spoken directions 1 call a friend for an explanation 3. When I can't a map 1 call a friend for an explanation 3. When I can't a map 1 call a friend for an explanation 3. When I can't a map 1 call a friend for an explanation 3. When I can't a map 1 call a friend for an explanation 3. When I can't a map 1 call a friend for an explanation 4. If I am teaching someone something new, I tend for 2 there to say: write instructions down for them 1 give them a verbal explanation 3 demonstrate first and then let them have a go 3 cheed to say: watch how I do it 1 listen to me explain 5. During my free time I most enjoy: worth how I do it 1 listen to me explain 5. During my free time I most enjoy: worth now I do it 1 listen to me explain 6. During my free time I most enjoy: worth now I do it is go shopping for clothes, I tend to: magine what they would look like on 2 discuss them with the shop staff 3 ury them on and test them out 1 smagine what they would look like on 3 discuss what I need with my friends 1 smagine what would be like to be there 2 discuss what I need with my friends 10. When I am learning a new skill, I am most comfortable: worthing what the teacher is doing 1 talk in through the options in my head or with magine what the food will look like 1 giving it a try myself and work it out as I go 10. When I issen to a band, I can't help: watching what the boad will look like 10 my partner 1 discuss the problem and the possible sould not not members and other 10 listen to a band, I can't help: watching who band members and other 10 listen to a band, I can't help: watching the band members and other 10 listen to a band, I can't help: watching the band members and other 10 listen to a band, I can't help: watching the band members and other 10 listen to a band, I can't help: watching the band members and other 10 listen to a band, I can't help: watching the band members and other 10 listen to a band, I can't help: watching the	1. When I operate new equipment I general	ly:	I	l					
1 ask for spoken directions 0 follow my nose and marybe use a compass 0	read the instructions first	1	· · · · · · · · · · · · · · · · · · ·	0		0			
1. When I cook a new dish, I like to: Coal is friend for an explanation O follow my instincts, testing as Look O A. If I am teaching someone something new, I tend to: Write instructions down for them 1 give them a verbal explanation O demonstrate first and then let them have a O	2. When I need directions for travelling I us	ually:	T	l	1				
follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 0 demonstrate first and then let them have a go 5. Item to say: write instructions down for them 1 give them a verbal explanation 0 demonstrate first and then let them have a go 0. Steed to say: write how I do it 1 fisten to me explain 0 you have a go 0 Souther my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 Souther my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 Souther my free time I most enjoy: going to museums and galleries 0 listen to recommendations from friends 1 playing sport or doing DIY 0 try them on and test them out 1 seal close brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 set divives in newspapers and magazines 0 listen to recommendations from friends 1 imagine what it would be like to be there 1 listen to me explain 1 listen to me explain 1 imagine what it would be like to be there 1 listen to me explain 1 imagine what it would be like to be there 1 listen to me explain 1 imagine what it would be like to be there 1 listen to me explain 1 imagine what it would be like to be there 1 listen to me explain 1 imagine what it would be like to be there 1 listen to me explain 1 imagine what it would be like to be there 1 listen to me can't will be subjected to do 1 listen to me can't will be subjected to do 1 listen to short, I can't help: watching what the food will took like 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 1 listen to a band, I can't help: watching what it help like to a band, I can't help: watching what the food will took like 1 moving in time with the music 0 listening to the lyrics and	look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0			
4. If am teaching someone something new, I tend to: write instructions down for them 1 give them a verbal explanation 0 you have a go 0 5. Lend to say: watch how I do it 1 listen to me explain 0 you have a go 0 o 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 o 7. When I go shopping for clothes, I tend to: imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 send reviews in newspapers and magazines 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 send reviews in newspapers and magazines 0 discuss what I need with my friends 1 imagine what it would be like to be there 1 lif I am choosing a holiday I usually: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 imagine what it would be like to be there 1 lif I am choosing food off a menu, I tend to: limit and choosing food off a menu, I tend to: limit and choosing food off a menu, I tend to: limit and choosing food off a menu, I tend to: limit and choosing food off a menu, I tend to: limit and choosing food off a menu, I tend to: limit and choosing food off a menu, I tend to: limit the words or the picture in front of listening to the lyrics and the beats 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food will look like 0 talk through the options in my head or with my partner 1 magine what the food w	3. When I cook a new dish, I like to:	ı	T						
write instructions down for them 1 give them a verbal explanation 0 demonstrate first and then let them have a go 5. Itend to say: watch how I do it 1 listen to me explain 0 you have a go 0 0. 6. During my free time I most enjoy: 2. When I go shopping for dothers, I tend to: magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 magine what they would look like on 0 discuss them with the shop staff 1 inagine what it would be like to be there 0 yet I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 inagine what it would be like to be there 0 yet 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 losts of different types 1 laking through with the teacher exactly what I mean was followed in the property of the	follow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0			
write instructions down for them 1 give them a verbal explanation 0 go 0 5. Elemf to say: watch how I do it 1 listen to me explain 0 you have a go 0 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 7. When I go shopping for clothes, I tend to: imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 Imagine what it would be like to be there 0 8. Hi was buying a new skill, I am most comfortable: watching what the teacher is doing 0 discuss what I need with my friends 0 test-drive lots of different types 1 1. John When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: 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 people in the audience 0 listening to the lyrics and the beats 1 moving in time with the music 0 people in the audience 0 listening to the descriptions the sales-people give me 0 their testures and what it feels like to touch them 1 discuss the problem and the possible on the listen to an analysis of the listening to the descriptions the sales-people give me 0 their testures and what it feels like to touch them 1 touch them 1 listening to the pictures in front 1 discuss the problem and what worries memory is of: looking at something 0 being spoken to 0 talk over im my head what worries me most 1 can't sit still, fiddle and move around constantly 11. Hele especially connected to other people because of: 12. Hele is especially connected to other people because of: 13. When	4. If I am teaching someone something new	, I tend to:	: T	1					
watch how ido it 1 listen to me explain 0 you have a go 0 do. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 try them on and test them out 1 magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 magine what it would be like to be there 0 set discourses 0 listen to recommendations from friends 1 magine what it would be like to be there 0 set discourse in mexpapers and magazines 1 discours what I need with my friends 0 test-drive lots of different types 1 set discourse in mexpapers and magazines 1 giving it a try myself and work it out as igo 1 talk through the options in my head or with my partner 1 listen to a band, I can't help: watching what the food will look like 0 listening to the lyrics and the beats 1 moving in time with the music 2 move around a lot, fiddle with pens and pencils and touch things 1 their colours and how they look 1 their colours and how they look 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly	write instructions down for them	1	give them a verbal explanation	0		0			
6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 7. When I go shopping for clothes, I tend to: imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: read review in newspapers and nagazines 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 most comfortable: watching what the teacher is doing 0 that if in a supposed to do 1 11. If I am choosing food off a menu, I tend to: imagine what the teacher is doing 0 that through the options in my head or with my partner 1 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 13. When I concentrate, I most often: flocus on the words or the pictures in front 1 discuss the problem and the possible of me was a concentrate, I most often: 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: tooking at something 0 being spoken to 0 doing something 1 can't stetli, fiddle and move around constantity 11. If elde specially connected to other people because of: how they look 0 that have to prepare for an exam, I generally: write lots of revision notes and diagrams 1 talk over in my notes, alone or with other 0 limagine making the movement or creating 0 the formula on the movement or creating 1 the formula on the people them to ty and talk them 0 limagine making the movement or creating 1 the formula on the people them to try and talk them 0 limagine making the movement or creating 1 limited to the min different ways until they 0 encourage them to try and talk them	5. I tend to say:		T						
going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: Iread lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: Iread 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 most comfortable: Watching what the teacher is doing 0 talk through with the teacher exactly what I'm supposed to do 1 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 12. When I listen to a band, I can't help: Watching the band members and other people in the audience 1 discuss the problem and the possible of me concentrate, I most often: Gous on the words or the pictures in front 1 discuss the problem and the possible of me concentrate, I most often: 13. When I concentrate, I most often: 14. I choose household furnishings because I like: 15. My first memory is of: 16. When i am analous, I: 16. When i am analous, I: 17. I feel especially connected to other people because of: 18. When I am analous, I: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected to other people because of: 19. I feel especially connected for an exam, I generally: 19. I feel especially connected for other people because of: 19. I feel especiall	watch how I do it	1	listen to me explain	0	you have a go	0			
7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: Iread lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: It was buying a new car, I would: It was buying a new skill, I am most comfortable: Watching what the teacher is doing 0 talk frough the teacher exactly what I'm supposed to do 10. When I am learning a new skill, I am most comfortable: Watching what the teacher is doing 0 talk through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: 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 pencis and touch things 1. 13. When I concentrate, I most often: Indicus on the words or the pictures in front 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencis and touch things 0 pencis and touch things 0 pencis and touch things 1. 14. I choose household furnishings because I like: 15. My first memory is of: 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I am anxious, I: 19. I sale specially connected to other people because of: 19. I talk over in my head what worries me most 1 can't st still, fiddle and move around constantly 1. 19. I talk over my notes, alone or with other people because of: 19. I find expecially connected to other people because of: 10. What I have to prepare for an exam, I generally: 10. What I have to prepare for an exam, I generally: 11. I talk over my notes, alone or with other people because of: 12. I talk over my notes, alone or with other people because of: 13. When I have to pre	6. During my free time I most enjoy:	l	I	l					
Imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: **read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 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 most comfortable: **watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do **unit I am choosing food off a menu, I tend to: **talking through with the teacher exactly what I'm supposed to do **unit I am choosing food off a menu, I tend to: **talk through the options in my head or with my partner **1. If I am choosing food off a menu, I tend to: **talk through the options in my head or with my partner **1. I imagine what the food will look like my partner **1. I imagine what the food will look like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will taste like my partner **1. I imagine what the food will look like my my partner **1. I imagine what the food will look like my my partner **1. I imagine what the food will look like my my partner **1. I imagine what the food will look like my my self and work it out as I go of my lead or with my	going to museums and galleries	0	listening to music and talking to my friends	1	playing sport or doing DIY	0			
8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 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 most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I concentrate, I most offen: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 pencils and touch things 13. When I concentrate, I most offen: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 pencils and touch things 1 move around a lot, fiddle with pens and pencils and touch things 1 move around a lot, fiddle with pens and pencils and touch things 1 their colours and how they look 0 their textures and what it feels like to touch them 1 tokking at something 0 being spoken to 0 touch them 1 can't sit still, fiddle and move around constantly 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 like over my notes, alone or with other people because of: 1 lak over my notes, alone or with other people because of the formula 1 talk over my notes, alone or with other people the formula 1 talk over my notes, alone or with other people because of the formula 1 explain to them in different ways until they 1 encourage them to try and talk them 1 explain to them in different ways until they 1 encourage them to try and talk them	7. When I go shopping for clothes, I tend to	: 	T	l	1				
read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 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 most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I m supposed to do 1 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other 0 listening to the lyrics and the beats 1 moving in time with the music 0 people in the audience 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 1 move around a lot, fiddle with pens and pencils and touch things 1 move around a lot, fiddle with pens and pencils and touch things 1 talk touch them 1 talk lover in my head what worries me most 1 can't still, fiddle and move around 2 touch them 1 talk over in my head what worries me most 1 can't still, fiddle and move around 2 touch them 1 talk over in my head what worries me most 1 can't still, fiddle and move around 2 touch them 1 talk over in my head what worries me most 1 can't still, fiddle and move around 2 touch them 1 talk over in my head what worries me most 1 can't still, fiddle and move around 2 to 2 touch them 2 talk over in my head what worries me most 1 can't still, fiddle and move around 2 to 2 touch them 2 talk over my notes, alone or with other 2 touch them 3 talk over my notes, alone or with other 2 touch them 4 talk them 4 t	imagine what they would look like on	0	discuss them with the shop staff	0	try them on and test them out	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 most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 12. When I listen to a band, I can't help: watching the band members and other 0 listening to the lyrics and the beats 1 moving in time with the music 0 13. When I concentrate, I most often: for me 1 discuss the problem and the possible solutions in my head 0 pencils and touch things 0 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 15. My first memory is of: 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 20 17. I feel especially connected to other people because of: who 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 the formula explaining to someone I tend to: Pooling the proper in the people because of the people when they was a people on the my make I mean 1 to them in different ways until they 0 encourage them to try and talk them 0 encourage them to	8. When I am choosing a holiday I usually:	1	Г						
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 most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 1 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 12. When I listen to a band, I can't help: 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 people in the audience 1 13. When I concentrate, I most often: focus on the words or the pictures in front of the concentrate, I most often: focus on the words or the pictures in front of the concentrate, I most often: focus on the words or the pictures in front of the concentrate, I most often: focus on the words or the pictures in front of the descriptions the sales-people give me 1 15. My first memory is of: 16. When I am anxious, I: wisualise 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 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 behavior moves and talk throw to prepare the mot try and talk them 0 encourage them to try and tal	read lots of brochures	0	listen to recommendations from friends	1	imagine what it would be like to be there	0			
10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will look like 0 talk through the options in my head or with my partner 1 moving in time with the food will taste like 0 talk through the options in my head or with my partner 1 working the band members and other people in the audience 13. When I concentrate, I most often: 1 focus on the words or the pictures in front of me 1 solutions in my head 1 solutions in my head 14. I choose household furnishings because I like: 15. My first memory is of: 16. When I am anxious, I: 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 19. When I have to prepare for an exam, I generally: 10. When I have to prepare for an exam, I generally: 11. When I have to prepare for an exam, I generally: 12. When I have to prepare for same and in the position of them in different ways until they 19. Part of the formula 1 explain to them in different ways until they 10. Part of the my and talk them 11. Part of the my and talk them 12. Part of the my and talk them 13. Part of the my and talk them 14. Part of the my and talk them 15. When I have to prepare for an exam, I generally: 16. When I have to prepare for an exam, I generally: 17. If I am explaining to someone I tend to: 18. When I have to prepare for an exam, I generally: 19. Part of the my my and talk them 10. Part of the my my and talk them 11. Part of the my my and talk them 12. Part of the my my and talk them 13. Part of the my my and talk them 14. Part of the my	9. If I was buying a new car, I would:		T						
talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: 11. If I am choosing food off a menu, I tend to: 12. When I listen to a band, I can't help: 13. When I concentrate, I most often: 14. I concentrate, I most often: 15. When I concentrate, I most often: 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I can't sit still, fiddle and move around constantly 19. I feel especially connected to other people because of: 19. When I am explaining to someone I tend to: 19. I talk over my notes, alone or with other people or with other people or what I mean anxiog the my hat I mean 19. I was plain to them in different ways until they 10. I magine what the food will taste like or my partner 1 moving in time with the music or moving in time	read reviews in newspapers and magazines	0	discuss what I need with my friends	0	test-drive lots of different types	1			
what I'm supposed to do what I'm supposed to do talk through the options in my head or with my partner talk through the options in my head or with my partner talk through the options in my head or with my partner talk through the options in my head or with my partner talk through the options in my head or with my partner talk through the options in my head or with my partner the people in the audience to listening to the lyrics and the beats the people in the audience to listening to the lyrics and the beats the people in the audience to listening to the lyrics and the beats the people in the audience the words or the pictures in front of me the words or the pictures in front of me the discuss the problem and the possible solutions in my head the descriptions the sales-people give me their colours and how they look the descriptions the sales-people give me their colours and how they look their textures and what it feels like to touch them their text	10. When I am learning a new skill, I am most comfortable:								
talk through the options in my head or with my partner 1 limagine what the food will taste like 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 listening to listening to listening to the lyrics and the beats 1 listening to listening listening to listening	watching what the teacher is doing			1	giving it a try myself and work it out as I go	0			
Inagene what the food will look like 0 my partner 1 imagine what the food will laste like 0 12. When I listen to a band, I can't help: 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 people in the audience 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 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 touch them 2 to	11. If I am choosing food off a menu, I tend	to:	T						
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 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 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: **The individual of the descriptions the sales-people give me 15. My first memory is of: **Individual of the descriptions the sales-people give me 15. My first memory is of: **Individual of the descriptions the sales-people give me 16. When I am anxious, I: **Individual of the individual of the descriptions the sales-people give me 17. I feel especially connected to other people because of: **Individual of the individual of the	imagine what the food will look like	0	1	1	imagine what the food will taste like	0			
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 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 1. Is. My first memory is of: Is. 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 0 17. I feel especially connected to other people because of: In 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 them to try and talk them 0 encourage them to try and talk them 1 encourage them to tr		1	T	1					
focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head 1 discuss the problem and the possible solutions in my head to the pecils and touch things 1 their textures and what it feels like to touch them 1 touch them 1 discuss the problem and the possible solutions in my head what it feels like to touch them 1 touch them 1 can't sit still, fiddle and move around constantly 1 can't sit still, fiddle and move around constantly 1 can't sit still, fiddle and move around constantly 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 talk over in my head what worries me most 2 can't sit still, fiddle and move around constantly 2 can't sit still, fiddle and move around constantly 3 can't sit still, fiddle and move around constantly 4 can't sit still, fiddle and move around constantly 5 can't sit still, fiddle and move around constantly 6 can't sit still, fiddle and move around constantly 6 can't sit still, fiddle and move around constantly 6 can't sit still, fiddle and move around constantly 6 can't sit still, fiddle and move around constant	people in the audience	0	listening to the lyrics and the beats	1	moving in time with the music	0			
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 0 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 0 talk over in my head what worries me most 1 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 1 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	·		T						
their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 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 0 talk over in my head what worries me most 1 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 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:	of me			0		0			
their colours and how they look 0 the descriptions the sales-people give me 1 touch them 1 15. My first memory is of: 16. When I am anxious, I: 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 10. I the descriptions the sales-people give me 0 touch them 1 10. I touch them 1 11. I touch them 1 12. I doing something 1 13. I can't sit still, fiddle and move around constantly 0 14. I can't sit still, fiddle and move around constantly 0 15. I fall to ver in my head what worries me most 1 16. When I have to other people because of: 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 10. I explain to them in different ways until they 0 encourage them to try and talk them 0 10. I encourage them to try and talk them 0	14. I choose household furnishings because	I like:		1	1				
looking at something 0 being spoken to 0 doing something 1 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 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:	their colours and how they look	0	the descriptions the sales-people give me	0		1			
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 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					
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 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:	looking at something	0	being spoken to	0	doing something	1			
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	0	talk over in my head what worries me most	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 talk over my notes, alone or with other the formula 1 talk over my notes, alone or with other people 1 explain to them in different ways until they 0 encourage them to try and talk them	17. I feel especially connected to other peo	ple becaus	e of:	1		· <u> </u>			
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 1 explain to them in different ways until they 0 encourage them to try and talk them 0	how they look		what they say to me	0	how they make me feel	1			
people the formula 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		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		· <u> </u>			
	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	0	talking to friends	1	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	1	try to get together whilst doing something else, such as an activity or a meal	0
23. I first notice how people:					
look and dress	0	sound and speak	1	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	0	names	0	things I have done	1
26. I think that you can tell if someone is lyi	ng if:				
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0
27. When I meet an old friend:					
I say "it's great to see you!"	0	I say "it's great to hear from you!"	0	I give them a hug or a handshake	1
28. I remember things best by:					
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
29. If I have to complain about faulty goods	, I am mos	st comfortable:			
writing a letter	1	complaining over the phone	0	taking the item back to the store or posting it to head office	0
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					
Total: Visual	13	Auditory	9	Kinesthetic	8