## **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  0 listen to an explanation from someone who has used it before 2. When I need directions for travelling I usually: look at a map  1 ask for spoken directions  0 follow my nose and maybe use a compass  3. When I cook a new dish, I like to: follow a written recipe  1 call a friend for an explanation  0 follow my instincts, testing as I cook  4. If I am teaching someone something new, I tend to: write instructions down for them  0 give them a verbal explanation  5. I tend to say: watch how I do it  0 buring my free time I most enjoy: going to museums and galleries  0 listen to me explain  1 you have a go  1 discuss them with the shop staff  7. When I go shopping for clothes, I tend to: Imagine what they would look like on  1 discuss them with the shop staff  0 try them on and test them out  8. When I am choosing a holiday I usually: read reviews in newspapers and magazines  1 discuss what I need with my friends  10. When I am choosing of memu, I tend to: watching what the teacher is doing  1. If I was buying a new car, I would: read reviews in newspapers and magazines  1 discuss what I need with my friends  10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing  1. If I m choosing food off a menu, I tend to: watching what the teacher is doing  1. If I m choosing food off a menu, I tend to: watching what the teacher is doing  1. If I m choosing food off a menu, I tend to: watching the band members and other  1 partner  2. When I sten to a band, I can't help: watching the band members and other  1 propose in the audience  1 discuss the problem and the possible spulped in the with the music  1 solutions in my head  1 their textures and what it feels like to touch them  1 discuss the problem and the possible spulped in the with them are partner  1 discuss the problem and the possible spulped in the with them.  1 discuss the problem and the possible spulped in the with them.  1 discuss the problem and the po		Name Erika Louise Labios			
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Seems sporter to admit something	nething 1	0	being spoken to	0	looking at something
16. When I am anxious, I:					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		1 1	talk over in my head what worries me most	0	visualise the worst-case scenarios
17. I feel especially connected to other people because of:			e of:	ole becaus	17. I feel especially connected to other peo
how they look 0 what they say to me 0 how they make me feel	make me feel 1	0	what they say to me	0	how they look
18. When I have to prepare for an exam, I generally:		· · · · ·		enerally:	18. When I have to prepare for an exam, I g
write lots of revision notes and diagrams  1 talk over my notes, alone or with other people imagine making the movement or creating the formula	- ()	1 () 1		1	write lots of revision notes and diagrams
19. If I am explaining to someone I tend to:	<u> </u>	· · · · · ·			19. If I am explaining to someone I tend to:
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	show them what I mean

watching films, photography, looking at art or people watching  21. Most of my free time is spent:  watching television  0 talking to friends  1 doing physical activity or making things  22. When I first contact a new person, I usually:  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  23. I first notice how people:  Iook and dress  0 sound and speak  0 stand and move  24. If I am angry, I tend to:  keep replaying in my mind what it is that has upset me  1 listening to music, the radio or talking to friends  0 talking to friends  1 doing physical activity or making things  1 try to get together whilst doing something else, such as an activity or a meal  25. I first notice how people:  1 raise my voice and tell people how I feel demonstrate my anger  26. I find it easiest to remember:	0
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25. I find it easiest to remember:	0
faces 0 names 0 things I have done	1
26. I think that you can tell if someone is lying 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!"  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  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 most 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
Totali	
Total:  Visual 11 Auditory 8 Kinesthetic	