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.

E. When to perate new equipment I generally: ead the instructions first 1 has used it before 2. When need directions for travelling I usually: took at a map 0 ask for spoken directions 1 follow my nose and maybe use a compass 0 2. When cook a new dish, I like tex 1 follow a written recipe 0 call a friend for an explanation 0. follow my instincts, testing as I cook 1. I				Date 04-June-2024		
read the instructions first 1 base used it before someone who 0 based and have a go, I can figure it out 0 bas used it before to be a used it selections 1 base used it selections 1 follow my mose and maybe use a compass 0 law from the selections of travelling i usually: 1. When I cook a new dish, I like to: 1. When I cook a new dish, I like to: 2. When I cook a new dish, I like to: 2. When I cook a new dish, I like to: 2. When I cook a new dish, I like to: 2. When I cook a new dish, I like to: 2. When I cook a new dish, I like to: 3. When I cook a new dish, I like to: 3. When I cook a new dish, I like to: 3. When I cook a new dish, I like to: 3. When I cook a new dish, I like to: 3. When I cook a new dish, I like to: 3. When I cook a new dish, I like to: 4. If I am teaching someone something new, I tend to: 4. If I am teaching someone something new, I tend to: 5. It lend to say; 4. When I cook a new dish, I like to: 5. Under my free time I most enjoy: 6. During my free time I most enjoy: 7. When I go shopping for clothes, I tend to: 7. When I go shopping for clothes, I tend to: 7. When I go shopping for clothes, I tend to: 7. When I go shopping for clothes, I tend to: 7. When I go shopping for clothes, I tend to: 8. When I am choosing a holiday I usually: 7. If I was buying a new car, I would: 7. When I am hearing a new skill, I am most comfortable: 8. When I am learning a new skill, I am most comfortable: 8. When I am learning a new skill, I am most comfortable: 8. When I am hearning a new skill, I am most comfortable: 8. When I am hearning a new skill, I am most comfortable: 8. When I am hearning a new skill, I am most comfortable: 8. When I am hearning a new skill, I am most comfortable: 8. When I have the food will look like 9. During the buying the buying through with the teacher exactly which the reacher is doing which the food will not like 9. When I am hearning a new skill, I am most comfortable: 8. When I have the words or the pictures in front 1 clicuss the problem	·			0.00		
Assistant part Assistant part part Assistant part part part part part part part par	1. When I operate new equipment I general	ly:	T	l	1	
took at a map O ask for spoken directions 1 follow my mose and maybe use a compass 0	read the instructions first	1	· · · · · · · · · · · · · · · · · · ·	0		0
3. When I cook a new dish, I like to: follow a written recipe O call a friend for an explanation O follow my instincts, testing as I cook 1 6. If I am teaching someone something new, I tend to: write instructions down for them O give them a verbal explanation O demonstrate first and then lest them have a go O demonstrate first and then lest them have a go O down my free time I most enjoy: going to museums and galleries O listen to me explain O you have a go O do During my free time I most enjoy: going to museums and galleries O listen on me explain O you have a go O down my free time I most enjoy: going to museums and galleries O listen on me explain O you have a go O try them on and test them out O when I go shooping for clothes, I tend to: magine what they would look like on 1 discuss them with the shop staff O try them on and test them out O when I am choosing a holiday I usually: read lots of brochures O listen to recommendations from friends 1 imagine what it would be like to be there O yif I was buying a new acr, I would: read reviews in menspapers and magazines O discuss what I need with my friends 10. When I am analysing a new skill, I am most comfortable: watching what the teacher is doing O what I'm supposed to do This is through the options in my head or with I imagine what the food will look like O my partition O what i'm supposed to do This is through the options in my head or with I imagine what the food will look like O my partition O what i'm supposed to do This is the options in my head or with I imagine what the food will look like O my partition O what i'm supposed to do This is the options in my head or with I imagine what the food will look like O my partition O what it is the options in my head or with I imagine what the food will look like O move around a loc, fidle with pens and openies and the possible Solutions in my head O being spoken to O being spoken to O being spoken to O what they say to me O how they make me feel 1 als	2. When I need directions for travelling I us	ually:	T		1	
follow a written recipe 0 call a friend for an explanation 0 follow my instincts, testing as I cook 1 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 5. I tend to say: writch 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 dothes, 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 0 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 9. If I was buying a new car. I would: 10. When I am knoosing a holiday I usually: water direviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am kanning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactify 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 contained the pictures in front or most office the audience 1 listening to the lyrics and the beats 1 moving in time with the music 0 pends and touch things 13. When I contained, I man anatous, I: 14. I choose household furnishings because I like: 15. My first memory is of: 16. When I am anatous, 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 contained to reverse to the proper for an exam, I generally: 19. When I contained to content the proper for an exam, I generally: 19. When I content the proper for an exam, I generally: 19. When I have to prepare for an exam, I generally: 19. When I have to prepare for an exam, I generally: 19. When I	look at a map	0	ask for spoken directions	1	follow my nose and maybe use a compass	0
4. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 0 give them a verbal explanation 0 you have a go 0 6. During my free time I most enjoy: soling to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 you have a go 0 7. When I go shopping for clothes, I tend to: 1 glaving sport or doing DIY 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 stythem on and test them out 1 limagine what it would be like to be there 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 listen to recommendations from friends 1 test-drive lots of different types 0 listen to recommendations from friends 1 test-drive lots of different types 0 listen to recommendations from friends 1 test-drive lots of different types 0 listen to recommendations from friends 1 test-drive lots of different types 0 listen the teacher is doing 0 that I'm susposed to do 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 lift I am choosing food off a menu, I tend to: 1 limagine what t	3. When I cook a new dish, I like to:					
write instructions down for them 0 give them a verbal explanation 0 global planation 1 global planation 2. 5. I tend to say: writch how I do it 1 listen to me explain 0 you have a go 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 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 reviews in newspapers and magazines 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 1 test-drive lots of different types 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 muse what I may partner 1 moving in time with the music 0 moving i	follow a written recipe	0	call a friend for an explanation	0	follow my instincts, testing as I cook	1
**Steed to say: Site of the say: Some time I most enjoy: Some time time I most enjoy: Some time time I most enjoy: Some time time time I most enjoy: Some time time time time time time time ti	4. If I am teaching someone something new	, I tend to:				
watch how ido 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: magine 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 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 magazines 0 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 11. If I am choosing food off a menu, I tend to: magine what the food will look like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I can't help: watching the band members and other people in the audience 14. When I listen to a band, I can't help: watching the band members and other people in the audience 15. When I she to a band, I can't help: watching the band members and other people in the audience 15. When I she to a band, I can't help: watching the band members and other people in the audience 15. When I she to a band, I can't help: watching the band members and other people in the audience 15. When I she to a band, I can't help: watching the band members and other people in the audience 15. When I she to a band, I can't help: watching the band members and other people in the audience 15. When I she to be a band, I can't help: watching the band members and other people in the audience 15. When I she to be a band, I can't help: watching the band members and other people in the audience 15. When I she to be a band, I can't help: watching what the food will look like 10 moving in time with the music 11 moving in tim	write instructions down for them	0	give them a verbal explanation	0		1
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 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 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 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 my partner 12. When I listen to a band, I card telp: watching the band members and other people in the audience 13. When I can be aband, I card telp: watching the band members and other people in the audience 14. When I isne to a band, I card telp: watching the band members and other people in the audience 15. When I seems the pictures in front 1 discuss the problem and the possible solutions in my head 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and touch things 0 being spoken to 1 doing something 0 being spoken to 1 talk over in my head what worries me most 17. I feel specially connected to other people because of: how they look 0 what they say to me 0 how they look 0 what they say to me 0 how they look 0 what they say to me 0 liak over my notes, alone or with other people in have to prepare for an exam, I generally: write lots of revision notes and diagrams 0 pencurage them to try and talk them 0 encourage them to try and talk them	5. I tend to say:	,		1		
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 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 1 limagine 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 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk through the options in my head or with my partner 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 move ground a lot, fiddle with pens and pencils in the sudlence 1 move for the pictures in front of me solutions in my head 0 members and other people in the audience 0 move around a lot, fiddle with pens and pencils and touch things 0 the descriptions the sales-people give me 0 their rextures and what it feels like to 1 touch them 15. My first memory is of: 10. When I am anxious, I: 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. I talk over in my head what worries me most 0 magine making the movement or creating 1 the formula 1 explaining to someone I tend to: 19. If I am explaining to someone I tend to: 19. If I am explaining to someone I tend to: 10. I what I magine what I mean 1 explaining to someone I tend to: 10. I magine what the pool of the people because of: 11. I magine what I mean 1 explaining to someone I tend to: 12. I would have what I	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 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 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 1 test-drive lots of different types 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 wat 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 training 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 training the band members and other people in the sudience 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and touch things 0 the descriptions the sales-people give me 1 doing something 0 being spoken to 1 doing something 0 being spoken to 1 doing something 0 being spoken to 1 doing something 0 the lyrics may head what worries me most 0 can't sit still, fiddle and move around constantly. 17. I feel especially connected to other people because of: 18. When I am anxious, I: 19. I talk over in my head what worries me most 0 how they make me feel 1 19. I talk over my notes, alone or with other people making the movement or creating the formula 1 19. If I am explaining to someone I tend to: 10. I talk over my notes, alone or with other people the movement or creating the formula 1 10. I work them what I mean 1 explaining to someone I tend to:	6. During my free time I most enjoy:	,		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 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 1 test-drive lots of different types 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 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 beats 1 moving in time with the music 0 listening to the lyrics and the beats 1 moving in time with the music 0 move around a lot, fiddle with pens and pencils and touch things 0 the descriptions the sales-people give me 0 their textures and what it feels like to 1 touch them 1 doing something 0 being spoken to 1 doing something 0 being spoken to 1 doing something 0 they shall be descriptions the sales-people give me 0 touch them 1 doing something 0 the descriptions the sales-people give me 0 how they look 0 what they say to me 0 how they look 0 what they say to me 0 how they look 0 what they say to me 0 how they make me feel 1 lake over in my head what worries me most 0 imagine making the movement or creating 1 talk over my notes, alone or with other people imagine making the movement or creating 1 talk over my notes, alone or with other people the ormula 1 explain to them in different ways until they 0 encourage them to try and talk them 0	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 1 test-drive lots of different types 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 listen to a band, I can't help: watching the band members and other people in the audience 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 solutions in my head 1 moving in time with the music 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 1 move and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 solutions in my head what worries me most 1 doing as something 0 being spoken to 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 ta	7. When I go shopping for clothes, I tend to	:				
read lots of brochures 0 listen to recommendations from friends 1 limagine 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 1 test-drive lots of different types 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 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 car'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 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 solutions in my head or with solutions in my head or with my partner 1 solutions in my head or with my pencils and touch things 1 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: looking at something 0 being spoken to 1 doing something 0 16. When I am anxious, I: visualise the worst-case scenarios 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 them to try and talk them 0 encourage them to try and talk them 0 e	imagine what they would look like on	1	discuss them with the shop staff	0	try them on and test them out	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 1 test-drive lots of different types 0 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 13. When I concentrate, I most often: flocus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 1 moving in time with the music 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 1 telk over in my head what worries me most 1 doing something 0 being spoken to 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 talk over in my head what worries me most 2 can't sit still, fiddle and move around constantly 3 imagine making the movement or creating the formula 1 the formula 1 explain to them in different ways until they 2 encourage them to try and talk them	8. When I am choosing a holiday I usually:					
read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 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 often: focus on the words or the pictures in front of me of muse of the listen	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 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 13. When I concentrate, I most often: flocus on the words or the pictures in front 1 solutions in my head 0 members and other people in the audience 0 the descriptions the sales-people give me 0 their textures and what it feels like to 1 15. My first memory is of: 15. My first memory is of: 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 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 0 imagine making the movement or creating 1 people what I mean 1 explain to them in different ways until they 0 encourage them to try and talk them 0 19. If am explaining to someone I tend to:	9. If I was buying a new car, I would:			I		
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 of move around a lot, fiddle with pens and of me people in the audience 1 discuss the problem and the possible solutions in my head or with of my partner 1 discuss the problem and the possible solutions in my head or with of moving in time with the music 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 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 doing something 0 being spoken to 1 doing something 0 being spoken to 1 doing something 0 can't sit still, fiddle and move around constantly 1. It talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 1. It talk over my notes, alone or with other 1 magine making the movement or creating 1 talk over my notes, alone or with other 1 magine making the movement or creating 1 talk over my notes, alone or with other 1 magine making the movement or creating 1 talk over my notes, alone or with other 1 magine making the movement or creating 1 talk over my notes, alone or with other 1 or encourage them to try and talk them 0 encourage	read reviews in newspapers and magazines	0	discuss what I need with my friends	1	test-drive lots of different types	0
watching what the teacher is doing 0 what i'm supposed to do 0 giving it a try myself and work it out as igo 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 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 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 1 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 1 15. My first memory is of: looking at something 0 being spoken to 1 doing something 0 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 1 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 what I mean 1 explaining to someone I tend to: show them what I mean 1 explaining to someone I tend to:	10. When I am learning a new skill, I am mo	st comfort	able:			
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 taste 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 13. When I concentrate, I most often: focus on the words or the pictures in front 1 discuss the problem and the possible of me 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 1 doing something 0 talk over in my head what worries me most 0 can't sit still, fiddle and move around 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 between the formula 1 explain to them in different ways until they 0 encourage them to try and talk them 0 they have them what I mean 1 explain to them in different ways until they 0 encourage them to try and talk them 0 they make them to try and talk them 0 they them what I mean 1 explain to them in different ways until they 0 encourage them to try and talk them 0 they them what I mean 1 explain to them in different ways until they 0 encourage them to try and talk them 0 they them what I mean 1 the problem and the possible match them in different ways until they 0 encourage them to try and talk them 0 them 10 them in different ways until they 0 encourage them to try and talk them 0 them 10	watching what the teacher is doing	0		0	giving it a try myself and work it out as I go	1
Imagine what the food will look like 0 my partner 1 Imagine what the food will taste like 0	11. If I am choosing food off a menu, I tend	to:				
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 0 13. When I concentrate, I most often: focus on the words or the pictures in front of me	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 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 solutions on the words or the pictures in front of me of the words or the pictures in front of me of the words or the pictures in front of me solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 0 listening to solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 1 listening to solutions in my head what it feels like to touch them 1 listening to the words and what it feels like to touch them 1 listening to something 1 listening to something 1 listening to someone I tend to: 1. If I am explaining to someone I tend to: 1. If	12. When I listen to a band, I can't help:			ı		
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 1. I their colours and how they look 0 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 1. 15. My first memory is of: looking at something 0 being spoken to 1 doing something 0		0	listening to the lyrics and the beats	1	moving in time with the music	0
of me 1 solutions in my head U 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 1 their textures and what it feels like to touch them 1 touch th	13. When I concentrate, I most often:		I	ı		
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 1 doing something 0 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 0 imagine making the movement or creating the formula 1 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	-	1		0		0
their colours and how they look 0 the descriptions the sales-people give me 0 touch them 1 15. My first memory is of: looking at something 0 being spoken to 1 doing something 0 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 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 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 visualise the worst-case scenarios 1 talk over my notes, alone or with other people visualise the worst-case scenarios 1 explain to them in different ways until they 0 encourage them to try and talk them 0 visualise the worst-case scenarios 1 explain to them in different ways until they 0 encourage them to try and talk them 0	14. I choose household furnishings because	I like:				
looking at something 0 being spoken to 1 doing something 0 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 0 imagine making the movement or creating the formula 1 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	their colours and how they look	0	the descriptions the sales-people give me	0		1
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 0 imagine making the movement or creating the formula 1 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:					
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. When I have to prepare for an exam, I generally: 1. Write lots of revision notes and diagrams 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 2. Value of talk over my notes, alone or with other people 3. Value of talk over my notes, alone or with other people 4. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 2. Value of talk over my notes, alone or with other people 3. Value of talk over my notes, alone or with other people 4. Value of talk over my notes, alone or with other people 5. Value of talk over my notes, alone or with other people 6. Value of talk over my notes, alone or with other people 7. Value of talk over my notes, alone or with other people 8. Value of talk over my notes, alone or with other people 9. Value of talk over my notes, alone or with other people 9. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 9. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people 1. Value of talk over my notes, alone or with other people of talk over my notes, alone or with other people of talk over my notes,	looking at something	0	being spoken to	1	doing something	0
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 0 imagine making the movement or creating the formula 1 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	16. When I am anxious, I:	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 0 imagine making the movement or creating the formula 1 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	visualise the worst-case scenarios	1	talk over in my head what worries me most	0	1	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 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		
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 possible the formula 1 explain to them in different ways until they on the people	how they look	0	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 1 explain to them in different ways until they o encourage them to try and talk them	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		1
ISNOW 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:					
through my face as they do to	show them what I mean	1	explain to them in different ways until they understand	0	encourage them to try and talk them through my idea as they do it	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:	1				
watching television	1	talking to friends	0	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	0	try to get together whilst doing something else, such as an activity or a meal	1
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:	l .				
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	0	they give me funny vibes	1
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	0	saying them aloud or repeating words and key points in my head	0	doing and practising the activity or imagining it being done	1
29. If I have to complain about faulty goods	, I am mo	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:	1			· · · · · · · · · · · · · · · · · · ·	
l see what you mean	0	I hear what you are saying	0	I know how you feel	1
Total					
Total: Visual	11	Auditory	7	Kinesthetic	12
Visual		, idultor y		T. T. Cottle Circ	