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.

When to provide new equipment generally: read the instructions first	Name Fritz Jen Teneso			Date 27-June-2024						
read the instructions first 1										
Assistant content in the process of the process o	1. When I operate new equipment I general	ly:								
look at a map Description	read the instructions first	1	· · · · · · · · · · · · · · · · · · ·	0		0				
3. When I cook a new dish, I like to: follow a written recipe 1 call a friend for an explanation 0 follow my instinct, testing as I cook 0 demonstrate first and then let them have a go 1 demonstrate first and then let them have a go 0 demonstrate first and then let them have a go 1 demonstrate first and then let them have a go 1 demonstrate first and then let them have a go 1 demonstrate first and then let them have a go 1 demonstrate first and then let them have a go 1 demonstrate first and then let them have a go 1 demonstrate first and then let them have	2. When I need directions for travelling I us	ually:	T							
follow a written recipe	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: watch how id oit 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 clother, I tend to: I listen to recommendations from friends 0 try them on and test them out 1. 8. When I am choosing a holiday I usually: read lots of brothures 1 listen to recommendations from friends 0 trast-drive lots of different types 0 listening to music and talking to my friends 1 listen to recommendations from friends 0 trast-drive lots of different types 0 listening to music applicable. 1 listen to recommendations from friends 0 trast-drive lots of different types 0 listening through with the teacher exactly watching what the teacher is doing 0 talk through the options in my head or with my partner 1. If I am choosing food off a menu, I tend to: 1. If I am choosing food off a menu, I tend to: 1. I was firm supposed to do 1. If I am choosing food off a menu, I tend to: 1. I was firm supposed to do 1. If I am choosing food off a menu, I tend to: 1. I was firm 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 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 library is of: 1. I the descriptions the sales people give me 1. I their extures and what it feels like to out, them 1. I their extures an analysis of the colours and how they look 1 the descriptions the sales people give me 1. I their extures and what it feels like to out, them 1. I was something 0 being spoken to 0 talk over in my head what worries me most 1 can't st still, fiddle and m	3. When I cook a new dish, I like to:									
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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:									
	show them what I mean	0		0	= -	1				

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 usu	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:	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	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:	l .				
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:	1	,			
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 mos	t 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:					
Visual	14	Auditory	7	Kinesthetic	9