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.

L. When I operate new equipment I generally: road the instructions find 1 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 0 0. Affoliow my nose and maybe use a compass 1 1 playing sport or doing DfY 0. Affoliow my nose and maybe use a compass 1 1 playing sport or doing DfY 0 try them on and test them out 1 try them on and test them out 1 try them on and test them out 1 try them on and test them				Date		
tread the instructions first 1 bus ten to an explanation from someone who so I so shed and have a go, ican figure it out 0 out they not used it before the service of the fore the service of the following someone something new, I tend to such a new dish, I like to to follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the many as instincts, testing as i cook 0 out of the	Angelica Fernandez		12-August-2024			
has used it before 0 passed to before 0 passed 0 passe	1. When I operate new equipment I general	ly:	I	1		
1 sak for spoken directions 0 follow may nose 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 1 call a friend for an explanation 0 follow my instincts, testing as Look 0 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: write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a go 0 try them on an dest them out 1 playing sport or doing ptv 1 playing sport or doing ptv 1 playing sport or doing ptv 1 magine what it is would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it would be like to be there 1 magine what it	2. When I need directions for travelling I us	ually:	I	l	1	
follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as Look 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 1 demonstrate first and then let them have a go 1 strength or say: with how I do it 1 listen to me explain 0 you have a go 0 Counting 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 Diving 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 shap staff 0 try them on and test them out 1 magine what it would be like to be there 0 set division in newspapers and magazines 1 discuss what i need with my friends 1 magine what it would be like to be there 0 set division in newspapers and magazines 1 discuss what i need with my friends 1 test drive lots of different types 0 test drive lots of different types 0 test drive lots of different types 10 test drive lots of different types 10 test drive lots of different types 11 first an choosing food off a menu, I tend to: Itality an choosing food off a menu, I tend to: Itality and the teacher is doing 11 first an choosing food off a menu, I tend to: Itality and the teacher is doing 12 when I listent to a band, I can't help: watching what members and other people in the audience 1 moving in time with the music 1 moving in time with the mus	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 0 give them a verbal explanation 0 you have a go 0 5. Lording my free time I most enjoy: going to museums and galleries 0 listen to me explain 0 you have a go 0 5. Ouring 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 send to say: 1 very them on and test them out 1 send to say: 1 listen to recommendations from friends 1 imagine what it would be like to be there 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 send reviews in newspapers and magazines 1 discuss what I need with my friends 1 imagine what it would be like to be there 1 listen to recommendations from friends 1 imagine what it would be like to be there 0 test-drive lots of different types 1 imagine what the food will lots like 0 moving in time with the music 0 test-drive lots of different types 1 imagine what the food will lots like 0 the free types	3. When I cook a new dish, I like to:			1		
write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a 1 s. Head 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: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 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 imagine what it would be like to be there 0 sets of soft protunes 1 magine what it would be like to be there 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 listen am learning a new car, I would: **read reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive loss of different types 0 listen am learning a new skill, I am most confortable: **watching what the teacher is doing 0 what I'm supposed to do 1 giving it a try myself and work it out as I go 0 what I'm supposed to do 1 listening food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing food off a menu, I tend to: **list I am choosing of the distribution of ten: **loos on the words or the pictures in front of list chough the options in my head or with my partner **list I am choosing a to make the food will look like 0 list chough the options in my head or with my partner **list I am choosing a to the lyrics and the beats 1 moving in time with the music 0 list chough the options in my head or with my partner **list I am choosing a to the lyrics and the possible of the words or the pictures in front of tends. **list I memory is of: **list I memory is of: **list I memory is	follow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0
write instructions down for frem 0 give finem a verbal explanation 0 go 1 Site fine to say: watch how it 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 9. If I was buying a new car, I would: 1. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactify what I may partner 1. 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 1. 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 talk through the options in my head or with my partner 1. Imagine what the food will taste like 0 talk through the options in my head or with my partner 1. Imagine what the food will taste like 0 talk through the options in my head or with my partner 1. Imagine what the food will taste like 0 talk through the options in my head or with my partner 1. Imagine what the food will taste like 0 talk through the options in my head or with my partner 1. Imagine what the food will taste like 0 talk through the options in my head or with my partner 2. When I listen to a band, I can't help: watching the band members and other people the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 oblitions in my head 0 touch them 0 oblitions in my hea	4. If I am teaching someone something new	, I tend to:	:	1		
watch how Ido 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: read lots of brochures 0 listen to recommendations from friends 1 magine what it would be like to be there 0 set-drive lots of different types 0 listen to recommendations from friends 1 magine what it would be like to be there 0 set-drive lots of different types 0 test-drive lots of different types 1 magine what the food will test like 1 magine what the food will test like 1 magine what the food will test like 1 moving in time with the music 1 moving in	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 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 1 discuss what I need with my friends 0 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 if m supposed to do 1 giving it a try myself and work it out as I go 0 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 most often: focus on the words or the pictures in front 0 discuss the problem and the possible of me was a discussion of the descriptions the sales-people give me 0 their textures and what it feels like to 0 touch them 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 can't st still, fiddle and move around constantly 17. I feel especially connected to other people because of: looking at something 0 being spoken to 0 how they make me feel 1 18. When I am analous, I: write lots of revision notes and diagrams 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 19. If I am explaining to someone I tend to: down them what I mean 1 talk over my notes, alone or with other 0 limagine making the movement or creating 1 the formula 19. If I am explaining to someone I tend to: down them what I mean 1 talk 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 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: If was buying a new car, I would: If was buying a new car, I would: If was flowing a new skill, I am most comfortable: It was the subject of the subj	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: 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 1 discuss what I need with my friends 0 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 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 took like 0 talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head or with my partner 1 imagine what the food will talk through the options in my head 1 moving in time with the music 0 imagine what the food will talk through the options in my head 1 imagine move around a lot, fiddle with pens and pencis and touch things 0 imagine what it feels like to touch them the option that it feels like to touch them 1 imagine making the movement or creating 1 talk over in my head what worries me most 1 imagine making	6. During my free time I most enjoy:			1		
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 1 discuss what I need with my friends 0 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: 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 menu, I tend to: 13. When I concentrate, I most often: focus on the words or the pictures in front of menu, I tend to: 14. I choose household furnishings because I like: 15. Why first memory is of: 16. Why first memory is of: 16. Why first memory is of: 17. I feel especially connected to other people because of: 18. When I am anxious, I: 19. What I am anxious, I: 19. What I am anxious, I: 10. What I have to prepare for an exam, I generally: 10. What they say to me 0 how they look 0 what they say to me 0 linging making the movement or creating 1 tells over my notes, alone or with other people them to try and talk them 0 encourage them to try and talk the	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 1 discuss what I need with my friends 0 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 13. When I concentrate, I most often: focus on the words or the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of the pictures in front of me of me of the pictures in front of me of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of me of me of me of the pictures in front of me of me of the pictures in front of me of me of the pictures in front of the pictures in front of me of me of the pictures in front of the pictures in front of the pictures in front of me of the pictures in front of the pictures in fron	7. When I go shopping for clothes, I tend to	:				
read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0	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 1 discuss what I need with my friends 0 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 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: focus on the words or the pictures in front 0 of me 3. When I concentrate, I most often: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 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 2 or 3. It like over in my head what worries me most 1 can't sit still, fiddle and move around 2 or 3. It like over in my head what worries me most 1 can't sit still, fiddle and move around 2 or 3. It like over in my head what worries me most 1 can't sit still, fiddle and move around 2 or 3. It like over in my head what worries me most 1 can't sit still, fiddle and move around 2 or 3. It like over in my head what worries me most 1 can't sit still, fiddle and move around 2 or 3. It like over my notes, alone or with other 2 or 3. Imagine making the movement or creating 3 or 3. It like over my notes, alone or with other 2 or 3. Imagine making the movement or creating 4 or 3. It like over my notes, alone or with other 2 or 3. Imagine making the movement or creating 4 or 4. It like over my notes, alone or with other 2 or 3. Imagine making the movement or creating 4 or 4. It like over my notes, alone or with other 2 or 4. Imagine making the movement	8. When I am choosing a holiday I usually:	T	I		1	
read reviews in newspapers and magazines 1 discuss what I need with my friends 0 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 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 solutions in my head of the pencils and touch things 1 14. I choose household furnishings because I like: their colours and how they look 1 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: 17. I feel especially connected to other people because of: 18. When I am anxious, I: 19. I fiel especially connected to other people because of: 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 an exam, I generally: 13. When I have to prepare for an exam, I generally: 14. When I have to prepare for an exam, I generally: 15. When I have to prepare for an exam, I generally: 16. When I have to prepare for an exam, I generally: 17. If all am explaining to someone I tend to: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 10. Explain to them in different ways until they 0 encourage them to try and talk them 0 encourage them to try	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 giving it a try myself and work it out as I go 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 imagine what the food will taste like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 1 moving in time with the music 0 people in the audience 13. When I concentrate, I most often: 14. Ichoose household furnishings because I like: 15. When I concentrate, I most often: 16. When I am many is of: 16. When I am anxious, I: 17. If eel especially connected to other people because of: 18. When I am anxious, I: 19. It feel especially connected to other people because of: 19. It feel especially connected to other people because of: 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 an exam, I generally: 13. When I have to prepare for an exam, I generally: 14. When I have to prepare for an exam, I generally: 15. When I have to prepare for an exam, I generally: 16. When I have to prepare for an exam, I generally: 17. If all explaining to someone I tend to: 18. When I have to prepare for an exam, I generally: 19. It is am explaining to someone I tend to: 10. Explain to them in different ways until they 10. explain to them in different ways until they 11. encourage them to try and talk them 12. encourage them to try and talk them 13. encourage them to try and talk them	9. If I was buying a new car, I would:	T	I		1	
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 talk through the options in my head or with my partner 1 moving in time what the food will taste 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 moving in time with the music 0 talk through the options in my head or with my partner 1 moving in time with the music 0 talk through the options in my head or with my partner 1 moving in time with the music 0 talk through the options in my head 1 moving in time with the music 0 talk through the options in my head 1 moving in time with the music 0 talk through the options in my head 1 moving in time with the music 0 talk through the options in my head 1 moving in time with the music 0 talk through the options in my head 1 moving in time with the music 0 talk through the possible solutions in my head 1 moving in time with the music 0 talk through the possible solutions in my head 1 moving in time with the music 0 talk through the possible solutions in my head 1 talk touch them 1 move around a lot, fiddle with pens and pencils and touch things 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 the clouch them 0 touch them 0 talk through the formula 1 talk touch them 1	read reviews in newspapers and magazines	1	discuss what I need with my friends	0	test-drive lots of different types	0
what I'm supposed to do 1. 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 13. When I concentrate, I most often: focus on the words or the pictures in front of me 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 15. My first memory is of: looking at something 0 being spoken to 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around 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 like over my notes, alone or with other 1 limagine what the food will taste like 0 moving in time with the music 0 them what the music 0 the my around a lot, fiddle with pens and pencils and touch things 0 their textures and what it feels like to touch them 1 the descriptions the sales-people give me 1 their textures and 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 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 talk over my notes, alone or with other people making the movement or creating the formula 1 talk over my notes, alone or with other people making the movement or creating the formula 1 talk over my notes, alone or with other people making the movement or creating the formula 1 talk over my notes, alone or with other people my the formula 1 talk over my notes, alone or with other people my the formula 1 talk over my notes, alone or with other people my the formula 1 talk over my notes, alone or with other people my t	10. When I am learning a new skill, I am mo	st comfort		1		
talk through the options in my head or with my partner 1 limagine what the food will look like 0 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 in time with the music 1 listening to the lyrics and the beats 1 moving in time with the music 0 listening in time with the music 1 listening to the lyrics and the beats 1 listening time with the music 0 listening in time with the music 0 listening listening and touch them solve around a lot, fiddle with pens and 0 listening to the lyrics and the beats 1 listening listening to the lyrics and the beats 1 listening to the lyrics and the beats 1 listening	watching what the teacher is doing			1	giving it a try myself and work it out as I go	0
In imagine what the food will look like 0 my partner 1 imagine what the food will laste 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 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 touch them 15. My first memory is of: llooking at something 0 being spoken to 0 doing something 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 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 them to try and talk them 0 explain to them in different ways until they 0 encourage them to try and talk them 0 explain to them what I mean to the more constant them to the	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 people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 0 of me 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 or stalk 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: 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 then to try and talk them 0 encourage them to try and talk them 1 e	imagine what the food will look like	0		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 14. I choose household furnishings because I like: their colours and how they look 1 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 benouse people in the audients and the possible of the people in the audients and the possible of the people in the audients and the possible of the people in the audients and the possible of the people in the audients and the people in the formula 0 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	12. When I listen to a band, I can't help:	T	I		1	
focus on the words or the pictures in front of me discuss the problem and the possible solutions in my head 1 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 14.1 choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 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 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 0 imagine making the movement or creating the formula 0 encourage them to try and talk them 1 encourage	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 me	13. When I concentrate, I most often:	Τ	I	1	1	
their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 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: talk over my notes, alone or with other people because of:	of me			1		0
their colours and how they look 1 the descriptions the sales-people give me 0 touch them 0 15. My first memory is of: 1 looking at something 0 being spoken to 0 doing something 1 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 what they say to them what I mean 1 explain to them in different ways until they 1 explain to them in different ways until they 1 explain to them in different ways until they 1 explain to them in different ways until they 1 explain to them in different ways until they 1 explain to them in different ways until they 2 encourage them to try and talk them 2 explain to them in different ways until they 2 encourage them to try and talk them 3 encourage them to try and talk them 3 encourage them to try and talk them 4 encourage them t	14. I choose household furnishings because	I like:		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: 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	1	the descriptions the sales-people give me	0		0
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: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 10 show them what I mean 11 explain to them in different ways until they 12 encourage them to try and talk them 13 encourage them to try and talk them 14 encourage them to try and talk them 15 encourage them to try and talk them 16 encourage them to try and talk them 17 encourage them to try and talk them 18 explain to them in different ways until they 19 encourage them to try and talk them 10 encourage them to try and talk them 11 encourage them to try and talk them 11 encourage them to try and talk them 12 encourage them to try and talk them 13 encourage them to try and talk them 14 encourage them to try and talk them	15. My first memory is of:					
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: 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		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: 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	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 0 imagine making the movement or creating the formula 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	17. I feel especially connected to other peop	ple becaus	e of:	1		
write lots of revision notes and diagrams 1 talk over my notes, alone or with other people 0 imagine making the movement or creating the formula 1 explain to them in different ways until they on encourage them to try and talk them	how they look		what they say to me	0	how they make me feel	1
19. If I am explaining to someone I tend to: show them what I mean 1 explain to them in different ways until they 0 encourage them to try and talk them 0	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		
	show them what I mean	1		0	=	0

20. I really love:	1	I			
watching films, photography, looking at art or people watching	0	listening to music, the radio or talking to friends	1	taking part in sporting activities, eating fine foods and wines or dancing	0
21. Most of my free time is spent:					
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:					
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	1	names	0	things I have done	0
26. I think that you can tell if someone is lyi	ing 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	1	I hear what you are saying	0	I know how you feel	0
Total:					
Visual	15	Auditory	10	Kinesthetic	5
Visual	13	Additory	10	Killestiletic	,