VAK Learning Styles Self-Assessment Questionnaire

Read all the statements and choose one that would best represent how you truly behave. Place the number '1' on the small box beside the statement.

Make sure to have a total of 30 once you are done with the test.

There are no wrong or right answers on this assessment, but it is important for you to be honest.

1. When I operate new equipment I generally: read the instructions first 0 has used it before 2. When I need directions for travelling I usually: look at a map 0 ask for spoken directions 1. follow my nose and maybe use a compass 0. The spoken directions 1. follow my nose and maybe use a compass 0. The spoken directions 1. follow my nose and maybe use a compass 0. The spoken directions 1. follow my nose and maybe use a compass 0. fit am teaching comeone something new. I tend to: write instructions down for them 0. give them a verbal explanation 0. full my my instincts, testing as I cook 0. During my free time I most enjoy: watch how I do it 0. During my free time I most enjoy: going to museums and galleries 0. listen to me explain 1. vou have a go 0. denonstrate first and then let them have a go 0. denonative first and galleries 1. when I go shopping for dothes, I tend to: imagine what they would look fite on 1. discuss them with the shop staff 0. When I am choosing a holiday I usually: read lots of brochuses 0. listen to recommendations from friends 1. magine what it would be like to be there 0. If I was buying a new self, I am most comfortable: watching what the teacher is doing 0. what I male learning a new self, I am most comfortable: watching what the teacher is doing 1. Lift am choosing food off a menu, I tend to: Imagine what the food will look like 1. what I makenings a new self, I am most comfortable: watching what the teacher is doing 1. Lift am choosing food off a menu, I tend to: Imagine what the food will look like 1. magine what the food will look like 1. what I magine what the food will look like 1. what I magine what the food will look like 1. what I magine what the food will look like 1. what I magine what the food will look like 1. what I magine what the food will look like 1. what I magine what the food will state like 1. what I magine what the food will look like 1. what I magine what the food will state like 1. what I magine what the food will state li	Name Theresa S. Trayco			Date 12-August-2024					
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	18. When I have to prepare for an exam, I g	enerally:		ı					
	write lots of revision notes and diagrams	1		0		0			
19. If I am explaining to someone I tend to:									
show them what I mean 0 explain to them in different ways until they understand 1 encourage them to try and talk them through my idea as they do it 0	show them what I mean	0		1		0			

or people watching 21. Most of my free time is spent: watching television 0 talking to friends 1 doing physical activity or making things 0 22. When I first contact a new person, I usually: 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: 1 clook 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 uspest me 1 names 0 things I have done 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 lying if: they avoid looking at you 1 their voices changes 0 they give me funny vibes 0 27. When I meet an old friend: 1 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 0 doing and practising the activity or imagining it being done 1 29. If I have to complain about faulty goods, I am most comfortable: writing a letter 0 complaining over the phone 0 I know how you feel 1 30. I tend to say: 1 see what you mean 0 I hear what you are saying 0 I know how you feel 1	20. I really love:					
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22. When I first contact a new person, I usually: 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: 1	21. Most of my free time is spent:					
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	Total					
Auditory 10 Kinestrictic 0	Visual	9	Auditory	13	Kinesthetic	8