## **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 I operate new equipment I generally: read the instructions first	Name Roshie Jeanne Q. Recaña			Date 08-October-2024						
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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 talk over my notes, alone or with other people  1. Italk over my notes, alone or with other people or with other people or with other peop	looking at something	0	being spoken to	0	doing something	1				
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 1 talk over my notes, alone or with other people 1  19. If I am explaining to someone I tend to:	16. When I am anxious, I:		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 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:	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  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other the formula  1 talk over my notes, alone or with other people  1 talk over my notes, alone or with other the formula	17. I feel especially connected to other peo	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  19. If I am explaining to someone I tend to:	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:	18. When I have to prepare for an exam, I g	enerally:		1						
	write lots of revision notes and diagrams	1		0		0				
1	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 1	1		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:					
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:					
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	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:					
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 mos	t comfortable:			
writing a letter	0	complaining over the phone	0	taking the item back to the store or posting it to head office	1
30. I tend to say:					
I see what you mean	0	I hear what you are saying	0	I know how you feel	1
Total:					
Visual	10	Auditory	7	Kinesthetic	13
Visual	-0	Additory	-	Killestifette	