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 an amp 0 ask for spoken directions 1 follow my nose and maybe use a compass 0 3. When I coke a new dish, I like to: 1 follow my nose and maybe use a compass 0 3. When I coke a new dish, I like to: 1 follow my nose and maybe use a compass 0 4. If I am teaching someone something new, I tend to: 1 follow my nose and maybe use a compass 0 4. If I am teaching someone something new, I tend to: 1 demonstrate first and then let them have a property of the may of the	Name Sid Louis S. Casamayor			Date 27-November-2024		
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	show them what I mean	0		1		0

29. If I have to complain about faulty goods	lam mo	, · · · · · · · · · · · · · · · · · · ·		imagining it being done	
writing notes or keeping printed details	1	key points in my head	0	imagining it being done	0
28. I remember things best by:		saying them aloud or repeating words and		doing and practising the activity or	
	1	is ay it a great to flear from you:	U	I give them a mug of a hamushake	
I say "it's great to see you!"	1	I say "it's great to hear from you!"	0	I give them a hug or a handshake	0
27. When I meet an old friend:	<u> </u>				
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0
26. I think that you can tell if someone is lyi	ing if:				
faces	1	names	0	things I have done	0
25. I find it easiest to remember:					
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
24. If I am angry, I tend to:					
look and dress	1	sound and speak	0	stand and move	0
23. I first notice how people:	1				
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
22. When I first contact a new person, I usu	ally:				
watching television	0	talking to friends	0	doing physical activity or making things	1
21. Most of my free time is spent:		1			
or people watching	1	friends	0	foods and wines or dancing	0
watching films, photography, looking at art	1	listening to music, the radio or talking to	0	taking part in sporting activities, eating fine	0