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.

Unite T. Oreta 12. Bacember 2024 When I operate new equipment generality. Italian to an explanation from someone who as i use it 0 go ahead and have a go. (can figure it out as i use it 0 Output new directions for traveling to usually. 0 as it or an explanation from someone who as it use it 0 go ahead and have a go. (can figure it out as it use it 0 J. When I need directions for traveling revultation 1 follow my mose and maybe use a compass 0 J. When I need directions come tomething new. Letter to write instructions down for them 0 gole them a verbal explanation 0 follow my mose and maybe use a compass 1 J. I and to say: - - - - - - J. I and to say: 0 Itatien to me explain 0 you have a go 0 0 J. During my free time I most enjoy: - - - - - - - - 0 0 J. When I as obsoging for dothes, I tend to: 0 Itsten to me explain 0 transfer what they would be like to be there 0 - - - - -	Name			Date				
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	show them what I mean	0		1	-	0		

Visual	13	Auditory	7	Kinesthetic	10
Total:					
I see what you mean	0	I hear what you are saying	0	l know how you feel	1
30. I tend to say:	1				
writing a letter	0	complaining over the phone	0	taking the item back to the store or posting it to head office	1
29. If I have to complain about faulty goods	, I am mos	st comfortable:			
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
28. I remember things best by:	1	1		1	
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
27. When I meet an old friend:	1	1		1	
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:	11		11	
faces	1	names	0	things I have done	0
25. I find it easiest to remember:	1				
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	0	sound and speak	1	stand and move	0
23. I first notice how people:		1			
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
22. When I first contact a new person, I usu	ally:	1			
watching television	0	talking to friends	0	doing physical activity or making things	1
21. Most of my free time is spent:				· · · · · · · · · · · · · · · · · · ·	
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
20. I really love:	1				