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.

Name	Date Taken
Give Menjo Valencia	04-Jun-25

Residues it decides in newspapers and magazines and allower in expending a house of a decide in service of the	·					
A when I am decoding a holiday I usually: The Albert I am Albert I am most Comfortable: The Albert I am Albert I am most Comfortable: The Albert I am Albert I am most Comfortable: The Albert I am Albert I am most Comfortable: The Albert I am Albert I am most Comfortable: The Albert I am Albert I am most Comfortable: The Albert I am Albert I am Albert I am most Comfortable: The Albert I am Albert I am Albert I am Most Comfortable: The Albert I am Albert I a	1. When I operate new equipment I generall	y:				
took at a map 1 ask for spoken directions 0 follow my nose and maybe use a compass 0 diversified as written recipic 0 call a friend for an explanation 0 follow my instincts, testing as I cook 1 s. If I am teaching someone something new, I tend to: ***If I am teaching someone something new, I tend to: ***I tend to say: ***witch how I do it 0 listen to me explain 1 you have a go 0 0 s. During my free time I most enjoy: **witch how I do it 0 listen to me explain 1 you have a go 0 0 s. During my free time I most enjoy: **which go dropping for clothes, I tend to: *****I when I am choosing a holiday I usually: ***East of loss of brochures 1 listen to recommendations from friends 0 magine what it would be like to be there 0 discuss them with the shop staff 1 ty them on and test them out 0 discuss it newspapers and magazines 1 discuss what i need with my friends 0 test-drove lots of different types 0 discuss it need with my friends 1 giving a new still, I am most comfortable: ***Watching what the sock will look like 0 or looks of brochures 1 listen to recommendations from friends 0 magine what it would be like to be there 0 or listing through with the test-drove lots of different types 0 or what I'm supposed to do. **B. If I was buying a new still, I am most comfortable: ***Watching what the teacher is doing 0 what I'm supposed to do. ***Buther I listen to a band, I can't help: ***Watching what the teacher is doing 0 what I'm supposed to do. **B. When I am chroning a holiday I usually: ***Watching what the book will look like 0 like to be there 0 listing through with the trouther exactly watching what the teacher is doing 0 what I'm supposed to do. **B. If I was buying a new still, I am most comfortable: ***Watching what the teacher is doing 0 what I'm supposed to do. ***B. If I was through the doct will look like 0 like 1	read the instructions first	0	·	1		0
3. When I gook a new dash, I like to: Collow a written recipe O Call is friend for an explanation O follow my instincts, testing as I cook 1	2. When I need directions for travelling I usu	ally:				
collow a written recipe Call a friend for an explanation Collow my instincts, testing as I cook 1	look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0
As if an teaching someone something new, it tend to: write instructions down for them 0 give them a verbal explanation 0 go playing sport or doing DIY 1 you have a go 0 Souring my free time I most enjoy: with my free time I most enjoy: with the would look like on o discuss them with the shop staff 1 try them on and test them out 0 playing sport or doing DIY 1 try them on and test them out 0 showing a holiday I usually: wead lots of brochures 1 listen to recommendations from friends 0 trade reviews in newspapers and magazines 1 discuss what I need with my friends 0 test-drive lots of different types 0 test-drive lots of different types 0 test-drive lots of different types 1 listen to recommendations from friends 1 try them on and test them out 0 test-drive lots of different types 1 listen to recommenda	3. When I cook a new dish, I like to:					
write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a 1 so 5. I tend to say: watch how I do it 0 listen to me explain 1 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 0 playing sport or doing DIY 1 1 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 1 try them on and test them out 0 0. 8. When I am choosing a holiday I usually: The was buying a new car, I would: The was buying a new car, I would be like to be there 0 0 10. When I am learning a new skill, I am most comfortable: Watching what the teacher is doing 0 what I'm supposed to do 0 11. If I am hoosing Good off a menu, I tend to: Watching what the food will look like 0 try partner Watching the band members and other people law and the people when the value of the buying in time with the music 0 tends the buying in time with the music 0 tends to the buying in time with the music 0 tends to the sudence 1 tends of the sudence 1 tends to 1 the sudence 2 tends of the sudence 3 tends of the sudence 3 tends of the sudence 3 tends of the sudence 4 tends of the sudence 4 tends of the sudence 4 tends of the sudence 5 tends of the sudence 5 tends of the sudence 6 tends of the sudenc	follow a written recipe	0	call a friend for an explanation	0	follow my instincts, testing as I cook	1
sistent to say: ***Cate I to say: **Cate I to	4. If I am teaching someone something new,	I tend to:	T		T	
watch how i do it 0 isten to me explain 1 you have a go 0 0 6. During my free time I most enjoy: going to museums and galleries 0 istening to music and talking to my friends 0 playing sport or doing DIY 1 7. When I go shopping for ciothes, I tend to: magine what they would look like on 0 discuss them with the shop staff 1 try them on and test them out 0 8. When I am choosing a holiday I usually: read lots of brochures 1 listen to recommendations from friends 0 imagine what it would be like to be there 0 9. If I was buying a new car, I would: 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: magine what the food will look like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what the food will taste like 0 talk through the options in my head or with 1 magine what it feels like to touch 1 their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch 1 them 1 their colours and how	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 0 playing sport or doing DIY 1 7. When I go shopping for clothes, I tend to: magine what they would look like on 0 discuss them with the shop staff 1 try them on and test them out 0 8. When I am choosing a holiday I usually: read lots of brochures 1 listen to recommendations from friends 0 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 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 1 magine what the food will look like 0 talk through the options in my head or with 1 magine what the food will look like 0 talk through the options in my head or with 1 moving in time with the music 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 13. When I concentrate, I most often: Tocus on the words or the pictures in front 1 solicuss the problem and the possible solutions in my head or with 1 magine what the food will taste like 0 14. I choose household furnishings because like: 15. My first memory is of: 16. When I am anxious, I: 16. When I am anxious, I: 17. If sel 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: 19. If I am explaining to someone I tend to: 19. If I am explaining to someone I tend to: 20. In the formula 2 magine making the movement or creating the formula 2 magine making the movement or creating the proved on the fo	5. I tend to say:					
going to museums and galleries 0 listening to music and talking to my friends 0 playing sport or doing DIY 1 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 1 try them on and test them out 0 8. When I am choosing a holiday I usually: I listen to recommendations from friends 0 imagine what it would be like to be there 0 9. If I was buying a new car, I would: I 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 missing what the teacher is doing 0 talk through the options in my head or with 1 magine what the food will look like 0 my partner 11. When I i am hoosing food off a menu, I tend to: I was buying a new car, I would: I when I i listen to a band, I can't help: What I missing be a band, I can't help: What I missing be a band, I can't help: When I is the to a band, I can't help: When I is the to a band, I can't help: When I is the to a band, I can't help: When I is the to a band, I can't help: When I is the to a band members and other 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 fine 1 solutions in my head or with 1 them to do the descriptions the sales-people give me 0 their textures and what it feels like to touch 1 solutions in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 can't sit still, fiddle and move around constantly 1 them of them 1 them of the formula 1 sit worry make me feel 1 listening to someone 1 tend to: 12. When I have to prepare for an exam, I generally: 13. When I have to prepare for an exam, I generally: 14. I find an explaining to someone 1 tend to: 15. When I have to prepare for an exam, I generally:	watch how I do it	0	listen to me explain	1	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 1 try them on and test them out 0 8. When I am choosing a holiday I usually: Iterad lots of brochures 1 listen to recommendations from friends 0 imagine what it would be like to be there 0 9. If I was buying a new car, I would: Iterad 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 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 1 magine what the food will taste 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 13. When I concentrate, I most offen: Focus on the words or the pictures in front of me 1 discuss the problem and the possible 3 obsolutions in my head 0 with 1 their colours and how they look 0 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. If leal especially connected to other people because of: 17. If leal especially connected to other people because of: 18. When I am anxious, I: 19. If lead of the problem of the people because of: 19. Imagine making the movement or creating 1 magine making the movement or creating 1 move around 2 on magine making the movement or creating 1 magine making the movement or creating 1 movement and the people because or what I mean 0 explain to them in different ways until they 1 encourage them to try and talk them through my kide as they do it 1	6. During my free time I most enjoy:					
magine what they would look like on 0 discuss them with the shop staff 1 try them on and test them out 0 8. When I am choosing a holiday I usually: read lots of brochures 1 listen to recommendations from friends 0 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 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 13. When I concentrate, I most offen: focus on the words or the pictures in front 1 discuss the problem and the possible solutions in my head or with pencils and touch things 0 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their testures and what it feels like to touch them the words or the pictures in front 5 being spoken to 0 doing something 0 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. When I have to prepare for an exam, I generally: 19. What they say to me 0 how they make me feel 1 10. Lik lover my notes, alone or with other people making the movement or creating 1 19. Hi I am explaining to someone I tend to: 19. When I am explaining to someone I tend to: 20. Schalin to them in different ways until they understand 1 21. Hi I am explaining to someone I tend to: 22. When I am explaining to someone I tend to: 23. When I am explaining to someone I tend to: 24. Lot one of the formula 1 25. My first memory is dea as they do	going to museums and galleries	0	listening to music and talking to my friends	0	playing sport or doing DIY	1
8. When I am choosing a holiday I usually: read lots of brochures 1 listen to recommendations from friends 0 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 if msupposed to do what if msupposed to do what fire supposed to do what fire supposed to do 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 have and other people in the audience 13. When I concentrate, I most often: Too cours on the works or the pictures in front of me 1 discuss the problem and the possible solutions in my head of me 14. I choose household furnishings because I like: their colours and how they look 0 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 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: what they say to me 0 how they look 0 what they say to me 0 how they make me feel 1 like when I am anxious, I: write lots of revision notes and diagrams 0 talk over my notes, alone or with other people from understand 0 the formula 1 the people from the adain to the min different ways until they understand 1 encourage them to try and talk them through my idea as they do it.	7. When I go shopping for clothes, I tend to:					
read lots of brochures 1 listen to recommendations from friends 0 magine 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 1 11. If I am choosing food off a menu, I tend to: magine 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 1 13. When I concentrate, I most often: focus on the words or the pictures in front of me words on the words or the pictures in front of me words or the pictures in front of the descriptions the sales-people give me 0 their textures and what it feels like to touch 1 14. I choose household furnishings because I like: 15. My first memory is of: 16. When I am anxious, 1: 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 onected to other people because of: 19. If I am explaining to someone I tend to: 10. In a concurage them to try and talk them through my idea as they do it in the worderstand of the concurage them to try and talk them through my idea as they do it in t	imagine what they would look like on	0	discuss them with the shop staff	1	try them on and test them out	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 talk through with the teacher exactly what I'm supposed to do what I'm supposed to the I'm suppos	8. When I am choosing a holiday I usually:		T		I	
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: timagine 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 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 1 solutions in my head or with 2 solutions in my head or with 3. He concentrate, I most often: focus on the words or the pictures in front 2 solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 1 14. I choose household furnishings because I like: their colours and how they look 0 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. If eel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: 18. When I have to prepare for an exam, I generally: 19. If I am explaining to someone I tend to: 19. If I am explaining to someone I tend to: 20. explain to them in different ways until they 1 encourage them to try and talk them through my idea as they do it 1	read lots of brochures	1	listen to recommendations from friends	0	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 0 11. If I am choosing food of f a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 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 open people in the audience 1 13. When I concentrate, I most often: If cours on the words or the pictures in front of members and the people in the audience 1 14. I choose household furnishings because I like: Itheir colours and how they look 0 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: Wisualise 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 talk over in my head what worries me most 1 constantly 0 talk over my notes, alone or with other people because of: What I feel especially connected to other people because of: What I was a power of the movement or creating 1 talk over my notes, alone or with other people the formula 0 th	9. If I was buying a new car, I would:		T		ı	
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 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 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 1 imagine what the food will taste like 0 talk through the options in my head to with the music 0 talk through through my lead and the beats 1 imagine what the food will taste like 0 talk through through my lead and the beats 1 imagine what the food will taste like 0 talk to we not the words or the pictures in front 1 discuss the problem and the beats 1 imagine what the food will taste like 0 to move around a lot, fiddle with pens and 0 them is discuss the problem and the possible 0 imagine was under the music 0 them is moving in time with the music 0 imagine was under the music 0 them food will taste like 0 to the food will taste like 0	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 grwing it a try myself and work it out as I go 0 11. If I am choosing food off a menu, I tend to: 12. When I listen to a band, I can't help: watching the band members and other people in the audience 10 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 1 discuss the problem and the possible solutions in my head 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch 1 15. Why 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 10 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 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 1	10. When I am learning a new skill, I am mos	t comfort	able:		ı	
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. 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 1 discuss the problem and the possible solutions in my head 0 pencils and touch things 0 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 them 1 being spoken to 0 doing something 0 them I mankious, I: Wisualise 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 talk over in my head what two ries me most 1 talk over my notes, alone or with other people when they look 0 what they say to me 0 how they make me feel 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 the formula 1 encourage them to try and talk them through my idea as they do it 10.	watching what the teacher is doing	0		1	giving it a try myself and work it out as I go	0
my partner 1 magine what the food will flook like 0 my partner 1 magine what the food will taste like 0 listen for 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 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 them 2 doing something 0 doing something 1 can't sit still, fiddle and move around constantly 0 doing something 0 doing something 0 doing something 0 doing something 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 1 their textures and what it feels like to touch them 2 doing something 0 doing something 1 their textures and what it feels like to touch the	11. If I am choosing food off a menu, I tend t	o:	T		1	
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: Tocus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 pencils and touch things 0 pencils and touch things 14. I choose household furnishings because I like: Their colours and how they look 0 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: Tooking at something 1 being spoken to 0 doing something 0 talk over in my head what worries me most 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: Thow they look 0 what they say to me 0 how they make me feel 1 talk over my notes, alone or with other people the formula 1 encourage them to try and talk them through my idea as they do it 0 whether through my idea as they do it 0 the my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 to 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 0 them through my idea as they do it 1 through my idea as they do it 1 through my idea a	imagine what the food will look like	0		1	imagine what the food will taste like	0
people in the audience 0 isstening to the lyrics and the peats 1 moving in time with the music 0 or the process of the concentrate, I most often: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 0 or the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 them using 1 being spoken to 0 doing something 0 doing something 0 or them analysis of the manaxious, I: 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 have to prepare for an exam, I generally: 19. Write lots of revision notes and diagrams 0 talk over my notes, alone or with other people the formula 1 encourage them to try and talk them through my idea as they do it 0 doing my idea as they do it 0 doing my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as they do it 0 doing something 1 encourage them to try and talk them through my idea as t	12. When I listen to a band, I can't help:	l	T		1	
focus on the words or the pictures in front of me solutions in my head solutions in my head 0 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 0 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 0 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 0 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 0 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 0 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 0 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 0 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 0 move around a lot, fiddle with pens and touch things 0 move around a lot, fiddle with pens and touch things 0 move around the like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feels like to touch them in different ways until they of their lextures and what it feel	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:	I	T		T T	
their colours and how they look 0 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: looking at something 1 being spoken to 0 doing something 0	focus on the words or the pictures in front of me	1		0	-	0
their colours and how they look 0 the descriptions the sales-people give me 1 them 1 15. My first memory is of: 1 being spoken to 0 doing something 0 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: 20 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	14. I choose household furnishings because I	like:	Ī		I	
looking at something 1 being spoken to 0 doing something 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 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 0 talk over my notes, alone or with other people 0 imagine making the movement or creating the formula 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	their colours and how they look	0	the descriptions the sales-people give me	0		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 17. I feel especially connected to other people because of: 18. When I have to prepare for an exam, I generally: write lots of revision notes and diagrams 0 talk over my notes, alone or with other people 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 can't sit still, fiddle and move around constantly 0 how they make me feel 1 1 imagine making the movement or creating the formula 1 encourage them to try and talk them through my idea as they do it	15. My first memory is of:	1			I	
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 0 talk over my notes, alone or with other people 0 imagine making the movement or creating the formula 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	looking at something	1	being spoken to	0	doing something	0
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 0 talk over my notes, alone or with other people 0 imagine making the movement or creating the formula 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	16. When I am anxious, I:		T			
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 0 talk over my notes, alone or with other people 0 imagine making the movement or creating the formula 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	visualise the worst-case scenarios		· ·	1	1	0
18. When I have to prepare for an exam, I generally: write lots of revision notes and diagrams 0 talk over my notes, alone or with other people 1 imagine making the movement or creating the formula 1 encourage them to try and talk them through my idea as they do it	17. I feel especially connected to other peop	le because	of:		<u> </u>	
write lots of revision notes and diagrams 0 talk over my notes, alone or with other people 0 limagine making the movement or creating the formula 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	how they look		what they say to me	0	how they make me feel	1
write lots of revision notes and diagrams 0 people 0 the formula 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	18. When I have to prepare for an exam, I ge	nerally:	Ι			
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	write lots of revision notes and diagrams	0	•	0		1
understand through my idea as they do it	19. If I am explaining to someone I tend to:					
20. I really love:	show them what I mean	0		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	0	talking to friends	0	doing physical activity or making things	1
22. When I first contact a new person, I usua	lly:		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
23. I first notice how people:			1		
look and dress	0	sound and speak	0	stand and move	1
24. If I am angry, I tend to:			ı		
keep replaying in my mind what it is that has upset me	0	raise my voice and tell people how I feel	1	stamp about, slam doors and physically demonstrate my anger	0
25. I find it easiest to remember:					
faces	0	names	1	things I have done	0
26. I think that you can tell if someone is lyin	g if:		l .		
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0
27. When I meet an old friend:			1		
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
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,	l am most	comfortable:	l.		
writing a letter	0	complaining over the phone	1	taking the item back to the store or posting it to head office	0
30. I tend to say:				,	
I see what you mean	0	I hear what you are saying	1	I know how you feel	0

Auditory 13

Kinesthetic

Total:

Visual

8