

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 | | | |
|--|---|--|---|--|---|
| Novemae Vista | | 17-Feb-26 | | | |
| 1. When I operate new equipment I generally: | | | | | |
| read the instructions first | 1 | listen to an explanation from someone who has used it before | 0 | go ahead and have a go, I can figure it out as I use it | 0 |
| 2. When I need directions for travelling I usually: | | | | | |
| look at a map | 1 | ask for spoken directions | 0 | follow my nose and maybe use a compass | 0 |
| 3. When I cook a new dish, I like to: | | | | | |
| follow a written recipe | 1 | call a friend for an explanation | 0 | follow my instincts, testing as I cook | 0 |
| 4. If I am teaching someone something new, I tend to: | | | | | |
| write instructions down for them | 0 | give them a verbal explanation | 0 | demonstrate first and then let them have a go | 1 |
| 5. I tend to say: | | | | | |
| watch how I do it | 1 | listen to me explain | 0 | you have a go | 0 |
| 6. During my free time I most enjoy: | | | | | |
| going to museums and galleries | 0 | listening to music and talking to my friends | 1 | playing sport or doing DIY | 0 |
| 7. When I go shopping for clothes, I tend to: | | | | | |
| imagine what they would look like on | 1 | discuss them with the shop staff | 0 | 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 | 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 my partner | 1 | imagine 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 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 |
| 14. I choose household furnishings because I like: | | | | | |
| their colours and how they look | 1 | the descriptions the sales-people give me | 0 | their textures and what it feels like to touch them | 0 |
| 15. My first memory is of: | | | | | |
| looking at something | 1 | being spoken to | 0 | doing something | 0 |
| 16. When I am anxious, I: | | | | | |
| 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 | 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 | 1 | imagine making the movement or creating the formula | 0 |

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| 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 | 0 | encourage them to try and talk them through my idea as they do it | 1 |
| 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 usually: | | | | | |
| arrange a face to face meeting | 1 | talk to them on the telephone | 0 | try to get together whilst doing something else, such as an activity or a meal | 0 |
| 23. I first notice how people: | | | | | |
| look and dress | 0 | sound and speak | 0 | stand and move | 1 |
| 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 | 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 | 0 | their voices changes | 0 | they give me funny vibes | 1 |
| 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 most comfortable: | | | | | |
| writing a letter | 1 | complaining over the phone | 0 | 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 | 0 | I know how you feel | 1 |
| Total: | | | | | |
| Visual 17 | | Auditory 5 | | Kinesthetic 8 | |