

VAK Learning Styles Self-Assessment Questionnaire.

Circle or tick the answer that most represents how you generally behave.

1. When I operate new equipment I generally:

- A) Read the instructions first
- B) Listen to an explanation from someone who has used it before
- C) go ahead and have a go, I can figure it out as I use it

2. When I need directions for travelling I usually:

- A) Look at a map
- B) Ask for spoken directions
- C) Follow my nose and maybe use a compass

3. When I cook a new dish, I like to:

- A) Follow a written recipe
- B) Call a friend for an explanation
- C) Follow my instincts, testing as I cook

4. If I am teaching someone something new, I tend to:

- A) Write instructions down for them
- B) Give them a verbal explanation
- C) Demonstrate first and then let them have a go

5. I tend to say:

- A) Watch how I do it
- B) Listen to me explain
- C) You have a go

6. During my free time I most enjoy:

- A) Going to museums and galleries
- B) Listening to music and talking to my friends
- C) Playing sport or doing DIY

7. When I go shopping for clothes, I tend to:

- A) Imagine what they would look like on
- B) Discuss them with the shop staff
- C) Try them on and test them out

8. When I am choosing a holiday I usually:

- A) Read lots of brochures
- B) Listen to recommendations from friends
- C) Imagine what it would be like to be there

9. If I was buying a new car, I would:

- A) Read reviews in newspapers and magazines
- B) Discuss what I need with my friends
- C) Test-drive lots of different types

10. When I am learning a new skill, I am most comfortable:

- A) Watching what the teacher is doing
- B) Talking through with the teacher exactly what I'm supposed to do
- C) Giving it a try myself and work it out as I go

11. If I am choosing food off a menu, I tend to:

- A) Imagine what the food will look like
- B) Talk through the options in my head or with my partner
- C) Imagine what the food will taste like

12. When I listen to a band, I can't help:

- A) Watching the band members and other people in the audience
- B) Listening to the lyrics and the beats
- C) Moving in time with the music

13. When I concentrate, I most often:

- A) Focus on the words or the pictures in front of me
- B) Discuss the problem and the possible solutions in my head
- C) Move around a lot, fiddle with pens and pencils and touch things

14. I choose household furnishings because I like:

- A) Their colours and how they look
- B) The descriptions the sales-people give me
- C) Their textures and what it feels like to touch them

15. My first memory is of:

- A) Looking at something
- B) Being spoken to
- C) Doing something

16. When I am anxious, I:

- A) Visualise the worst-case scenarios
- B) Talk over in my head what worries me most
- C) Can't sit still, fiddle and move around constantly

17. I feel especially connected to other people because of:

- A) How they look
- B) What they say to me
- C) How they make me feel

18. When I have to revise for an exam, I generally:

- A) Write lots of revision notes and diagrams
- B) Talk over my notes, alone or with other people
- C) Imagine making the movement or creating the formula

19. If I am explaining to someone I tend to:

- A) Show them what I mean
- B) Explain to them in different ways until they understand
- C) Encourage them to try and talk them through my idea as they do it

20. I really love:

- A) Watching films, photography, looking at art or people watching
- B) Listening to music, the radio or talking to friends
- C) Taking part in sporting activities, eating fine foods and wines or dancing

21. Most of my free time is spent:

- A) Watching television
- B) Talking to friends
- C) Doing physical activity or making things

22. When I first contact a new person, I usually:

- A) Arrange a face to face meeting
- B) Talk to them on the telephone
- C) Try to get together whilst doing something else, such as an activity or a meal

23. I first notice how people:

- A) Look and dress
- B) Sound and speak
- C) Stand and move

24. If I am angry, I tend to:

- A) Keep replaying in my mind what it is that has upset me
- B) Raise my voice and tell people how I feel
- C) Stamp about, slam doors and physically demonstrate my anger

25. I find it easiest to remember:

- A) Faces
- B) Names
- C) Things I have done

26. I think that you can tell if someone is lying if:

- A) They avoid looking at you
- B) Their voices changes
- C) They give me funny vibes

27. When I meet an old friend:

- A) I say "it's great to see you!"
- B) I say "it's great to hear from you!"
- C) I give them a hug or a handshake

28. I remember things best by:

- A) Writing notes or keeping printed details
- B) Saying them aloud or repeating words and key points in my head
- C) Doing and practising the activity or imagining it being done

29. If I have to complain about faulty goods, I am most comfortable:

- A) Writing a letter
- B) Complaining over the phone
- C) Taking the item back to the store or posting it to head office

30. I tend to say:

- A) I see what you mean
- B) I hear what you are saying
- C) I know how you feel

Now add up how many A's, B's and C's you selected. A's = B's = C's =

- If you chose mostly **A's** you have a **VISUAL** learning style.
- If you chose mostly **B's** you have an **AUDITORY** learning style.
- If you chose mostly **C's** you have a **KINAESTHETIC** learning style.