

## VAK Learning Styles Self-Assessment Questionnaire

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

(It's best to complete the questionnaire before reading the accompanying explanation.)

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 =