



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 operation manual first.
 - b) Listen to an explanation of how to use the equipment.
 - c) Just get the equipment out and have a go and using 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:
- How they look
 - What they say to me
 - How they make me feel
18. When I have to revise for an exam, I generally:
- Write lots of revision notes and diagrams
 - Talk over my notes, alone or with other people
 - Imagine making the movement or creating the formula
19. If I am explaining to someone I tend to:
- Show them what I mean
 - Explain to them in different ways until they understand
 - Encourage them to try and talk them through my idea as they do it
20. I really love:
- Watching films, photography, looking at art or people watching
 - Listening to music, the radio or talking to friends
 - Taking part in sporting activities, eating fine foods and wines or dancing
21. Most of my free time is spent:
- Watching television
 - Talking to friends
 - Doing physical activity or making things
22. When I first contact a new person, I usually:
- Arrange a face to face meeting
 - Talk to them on the telephone
 - Try to get together whilst doing something else, such as an activity or a meal
23. I first notice how people:
- Look and dress
 - Sound and speak
 - Stand and move
24. If I am angry, I tend to:
- Keep replaying in my mind what it is that has upset me
 - Raise my voice and tell people how I feel
 - Stamp about, slam doors and physically demonstrate my anger
25. I find it easiest to remember:
- Faces
 - Names
 - 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 =