

VAK Learning Styles Self-Assessment Questionnaire

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Name: _____

Gender: _____

☐ Male ☐ Female ☐ Other

Date Completed: _____ dd / mm / yyyy

Select 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:

☐ read the instructions first ☐ listen to an explanation from someone who has used it before
☐ go ahead and have a go, I can figure it out as I use it

2. When I need directions for travelling I usually:

☐ look at a map ☐ ask for spoken directions ☐ follow my nose and maybe use a compass

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

☐ follow a written recipe ☐ call a friend for an explanation ☐ follow my instincts, testing as I cook

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

☐ write instructions down for them ☐ give them a verbal explanation ☐ demonstrate first and then let them have a go

5. I tend to say:

☐ watch how I do it ☐ listen to me explain ☐ you have a go

6. During my free time, I most enjoy:

☐ going to museums and galleries ☐ listening to music and talking to my friends ☐ playing sport or doing DIY

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

☐ imagine what they would look like on ☐ discuss them with the shop staff ☐ try them on and test them out

8. When I am choosing a holiday I usually:

☐ read lots of brochures ☐ listen to recommendations from friends ☐ image what it would be like to be there

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

☐ read reviews in newspapers and magazines ☐ discuss what I need with my friends ☐ test-drive lots of different types

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

☐ watching what the teacher is doing ☐ talking through with the teacher exactly what I'm supposed to do
☐ giving it a try myself and work it out as I go

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

☐ imagine what the food will look like ☐ talk through the options in my head or with my partner
☐ imagine what the food will taste like

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

☐ watching the band members and other people in the audience ☐ listening to the lyrics and the beats
☐ moving in time with the music

13. When I concentrate, I most often:

☐ focus on the words or the picture in front of me ☐ discuss the problem and the possible solutions in my head
☐ move around a lot, fiddle with pens and pencils, and touch things

14. I choose household furnishings because I like:

- ☐ their colors and how they look ☐ the descriptions the sales-people give me
☐ their textures and what it feels like to touch them

15. My first memory is of:

- ☐ looking at something ☐ being spoken to ☐ doing something

16. When I am anxious, I:

- ☐ visualize the worst-case scenarios ☐ talk over in my head what worries me most
☐ 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 someone is lying if:

- ☐ they avoid looking at you ☐ their voices change ☐ they give me funny vibes

27. When I meet an old friend:

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

28. I remember things best by:

- ☐ writing notes or keeping printed details ☐ saying them aloud or repeating words and key points in my head
☐ doing and practicing the activity or imagining it being done

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

- ☐ writing a letter ☐ complaining over phone ☐ taking the item back to the store or posting it to head office

30. I tend to say:

- ☐ I see what you mean ☐ I hear what you are saying ☐ I know how you feel

