

VAK Indicators and Self-Test

Which Do You Communicate More In?



VISUAL

"I see what you mean."



KINESTHETIC

"It feels to me like..."



AUDITORY

"I hear what you're saying."

Here is a VAK learning style indicator, which can be used as a questionnaire or 'test' to assess your own preferred learning style or styles.

Score each statement and then add the totals for each column to indicate learning style dominance and mix.

Your learning style is also a reflection of the type of person you are - how you perceive things and the way that you relate to the world.

This questionnaire helps you to improve your understanding of yourself and your strengths.

There are no right or wrong answers.

Method -

Simplest and quickest - select one from each line and tick.

Add the total selections for each column.

The totals will indicate your relative learning style preference and mix.

	Visual	auditory	kinesthetic /physical
1 when operating new equipment for the first time I prefer to	read the instructions	listen to or ask for an explanation	have a go and learn by 'trial and error'
2 when seeking directions I..	look at a map	ask for spoken directions	follow my nose or maybe use a compass
3 when cooking a new dish I..	follow a recipe	call a friend for explanation	follow my instinct, tasting as I cook
4 to teach something I..	write instructions	explain verbally	demonstrate and let them have a go
5 I tend to say..	"I see what you mean"	"I hear what you are saying"	"I know how you feel"
6 I tend to say..	"show me"	"tell me"	"let me try"
7 I tend to say..	"watch how I do it"	"listen to me explain"	"you have a go"
8 complaining about faulty goods I tend to..	write a letter	phone	go back to the store, or send the faulty item to the head office
9 I prefer these leisure activities	museums or galleries	music or conversation	physical activities or making things
10 when shopping generally I tend to..	look and decide	discuss with shop staff	try on, handle or test
11 choosing a holiday I..	read the brochures	listen to recommendations	imagine the experience
12 choosing a new car I..	read the reviews	discuss with friends	test-drive what you fancy
13 learning a new skill	I watch what the teacher is doing	I talk through with the teacher exactly what I am supposed to do	I like to give it a try and work it out as I go along by doing it
14 choosing from a restaurant menu..	I imagine what the food will look like	I talk through the options in my head	I imagine what the food will taste like
15 when listening to a band	I sing along to the lyrics (in my head or out loud!)	I listen to the lyrics and the beats	I move in time with the music
16 when concentrating I..	focus on the words or pictures in front of me	discuss the problem and possible solutions in my head	move around a lot, fiddle with pens and pencils and touch unrelated things
17 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 practising the activity, or imagining it being done
18 my first memory is of	looking at something	being spoken to	doing something
19 when anxious, I..	visualise the worst-case scenarios	talk over in my head what worries me most	can't sit still, fiddle and move around constantly
20 I feel especially connected to others because of	how they look	what they say to me	how they make me feel
21 when I revise for an exam, I..	write lots of revision notes (using lots of colours!)	I talk over my notes, to myself or to other people	imagine making the movement or creating the formula
22 when explaining something 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 the idea as they try
23 my main interests are	photography or watching films or people-watching	listening to music or listening to the radio or talking to friends	physical /sports activities or fine wines, fine foods or dancing
24 most of my free time is spent.	watching television	talking to friends	doing physical activity or making things
25 when I first contact a new person..	I arrange a face to face meeting	I talk to them on the telephone	I try to get together to share an activity
26 I first notice how people..	look and dress	sound and speak	stand and move
27 if I am very angry..	I keep replaying in my mind what it is that has upset me	I shout lots and tell people how I feel	I stomp about, slam doors and throw things
28 I find it easiest to remember	faces	names	things I have done
29 I think I can tell someone is lying because..	they avoid looking at you	their voice changes	the vibes I get from them
30 When I'm meeting with an old friend..	I say "it's great to see you!"	I say "it's great to hear your voice!"	I give them a hug or a handshake
totals	visual	auditory	kinesthetic/physical

Some people have very strong preferences, even to the extent that they have little or no preference in one or two of the styles. Other people have more evenly balanced preferences.