



## **VAK QUESTIONNAIRE**

### **What type of learner are you? – Visual, Audio, Kinaesthetic**

Circle the V, A or K that suits you best:

**1. When you are trying to spell a word, do you .....**

- V.** See the word
- A.** Say/sound the word out loud
- K.** Write the word down to see if it looks right

**2. When you are really concentrating, what distracts you?**

- V.** Messiness and untidiness
- A.** Background noise, music or talking
- K.** Movement around you

**3. When you think about specific events in the past, do you ....**

- V.** See pictures or images
- A.** Hear it
- K.** See moving images

**4. When you are angry, how do you react?**

- V.** Do you remain silent, but stay angry inside
- A.** Do you shout out loud
- K.** Do you clench fists and stamp feet

**5. When you forget an incident that has happened or a person you've met, do you .....**

- V. Forget names but remember their faces
- A. Forget faces but remember names
- K. Only remember where you were and what you did

**6. When you describe an object, would you .....**

- V. See it as a picture or colours in your mind
- A. Describe it with words
- K. Think about how it works, sounds, feels

**7. When you are learning, do you prefer ....**

- V. Work that is written down in many colours
- A. Listening to a person talk or giving instructions
- K. Taking part in activities, making or doing

**8. When you do leisure activities, do you prefer to .....**

- V. Watch TV, read or play on a computer
- A. Listen to music
- K. Play sports and games

**9. When you are talking with friends, do you .....**

- V. Talk little and are reluctant to listen for too long
- A. Like to listen and talk as well
- K. Use your hands to talk

**10. When you receive praise or a reward, do you prefer to .....**

- V.** Receive a written note or certificate
- A.** Be congratulated personally
- K.** Be given a 'pat on the back' or a handshake

Now add up the number of questions that you have chosen the V, A and K responses and put each total in the boxes below :

**Total number of V's**

**Total number of A's**

**Total number of K's**

**What Does Your Score Mean?**

- The letter that has the **highest score** shows your preferred way of learning and this is your strength!
- If your scores are all **roughly the same**, this shows that you use all three styles of learning equally.
- Your **lowest score** shows the learning style that you use the least. Perhaps this could be an area for you to develop to become an effective learner.