

THE VAK QUESTIONNAIRE

For each question there are 3 potential answers. Circle the one that most closely represents you. When you have finished add up the scores under each column; this can give you an idea of the sense you prefer to utilise to take in information and store it; your comfortable or dominant sense. Different learning tasks may require different strategies; for example learning to ski and learning poetry. Use the tool as starting point.

WHEN YOU....

DO YOU.....

| | VISUAL | AUDITORY | KINAESTHETIC |
|---|--|--|--|
| <i>Spell a word</i> | Try to visualise it | Sound it out | Write it down |
| <i>Are concentrating</i> | Get most distracted by <i>untidiness</i> | Get most distracted by <i>noises</i> | Get most distracted by <i>physical movements</i> |
| <i>Choose your favourite art form</i> | Prefer paintings | Prefer music | Prefer dance/ sculptures |
| <i>Reward someone</i> | Tend to write praise on their work or on a note | Tend to give them praise orally | Tend to give them a pat on the back |
| <i>Talk</i> | Talk quite fast but keep idle conversation limited | Talk fluently with an even pace and logical order | Use lots of hand movements and talk about actions and feelings |
| <i>Meet people</i> | Remember mostly <i>how they looked</i> or the surroundings | Remember mostly <i>what was said</i> or remember their names | Remember mostly <i>what you did</i> or remember their emotions |
| <i>See a film, watch TV or read a novel</i> | Remember best what the scenes/ people <i>looked like</i> | Remember best what was said/ how the music <i>sounded</i> | Remember best what <i>happened</i> or the characters' emotions |
| <i>Relax</i> | Generally prefer watching TV or reading | Generally prefer music | Generally prefer games/ sports |

WHEN YOU....

DO YOU.....

| | | | |
|--|---|---|--|
| <i>Try to interpret someone's mood</i> | Mainly note facial expression | Listen to the tone of their voice | Watch body movements |
| <i>Are recalling something</i> | Remember what you saw | Remember what was said | Remember what was done and how you felt |
| <i>Are memorising something</i> | Do you prefer to memorise by <i>writing</i> it repeatedly | Do you prefer to memorise by <i>repeating</i> words over and over | Do you prefer to memorise by <i>doing</i> something repeatedly |
| <i>Are angry</i> | Become silent and seethe inside | Express it in loud outbursts | Storm about, clench your fists and throw things about |
| <i>Are inactive</i> | Look around, doodle, watch something | Talk to yourself | Fidget, walk about |
| <i>Contact business people</i> | Prefer face to face contact | Rely on the telephone | Talk it out while walking or doing something |
| <i>Are learning</i> | Prefer to read | Like to attend lectures | Like to be involved |
| TOTALS | | | |
| | VISUAL | AUDITORY | KINAESTHETIC |

*From "Learning how to Learn"
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