



Learner Name		Date	
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4. Your Learning Style – VAK Questionnaire

Read the statement in column 1 and then choose the answer (in column 2, 3 or 4) which best explains your preference and tick the box next to it.

Only one box per statement should be ticked and when you have answered all the questions, add up the most ticks in each column (A, B or C) and this will tell you your preferred learning style

1	2	A	3	B	4	C
VAK Questionnaire	Visual	•	Auditory	•	Kinaesthetic/physical/tactile	•
Operate new equipment	I read instructions		I listen to an explanation		I have a go	
Travel directions	I look at a map		I ask for directions		I follow my nose and maybe use a compass	
Cook a new dish	I follow a recipe		I call a friend for an explanation		I follow my instinct, tasting as I cook	
Teach someone something	I give written instructions		I explain verbally		I demonstrate and let them have a go	
You'd say..	I see what you mean		I hear what you are saying		I know how you feel	
You'd say..	Show me		Tell me		Let me try	
You'd say..	Watch how I do it		Listen to me explain		You have a go	
Faulty goods	I'd write a letter		I'd phone		I'd send or take it back to the store	
Leisure	Museums and galleries		Music and conversation		Playing sport or DIY	
Buying gifts	Books		Music		Tools and gadgets	
Shopping	I look and imagine		I discuss with shop staff		I try on and test	
Choose a holiday	I read the brochures		I listen to recommendations		I imagine the experience	
Choose a new car	I read the reviews		I discuss with friends		I test-drive what I fancy	
Preferred Learning Style	Mostly A's ☐ Visual		Mostly B's ☐ Auditory		Mostly C's ☐ Kinaesthetic	

Notes