V.A.K. Learning Style Questionnaire

This questionnaire will help you find out the way you prefer to learn. This information will help you and your teachers understand how you like to take in information. There are no right or wrong answers, you tick which statement best describes you.

If you want to answer ‘sometimes’, decide whether you agree more than disagree with the statement and then answer Yes or No. To get the best results honesty is very important.

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| 1 When you are describing a party or holiday to a friend, do you describe the music, sounds and noise you experienced? |  |  |
| 2 Do you use your hands when you speak? |  |  |
| 3 To keep up with the news/sport, do you prefer the radio or TV rather than reading a newspaper? |  |  |
| 4 When you use a computer, do you find the visual prompts useful, eg the icons/pictures in the tool bars, highlights and underlines, etc? |  |  |
| 5 When you have to take notes, do you prefer drawing diagrams and pictures to writing notes? |  |  |
| 6 When you play noughts and crosses or draughts, can you picture the ‘o’ and ‘x’ or counters in different positions? |  |  |
| 7 Do you like to take objects apart and repair things, eg your bike, engines, etc? |  |  |
| 8 When you are trying to remember the spelling of a word, do you write it down a few times in different ways until you find the one which looks right? |  |  |
| 9 When you are learning something new, do you like spoken instructions, talks or lectures? |  |  |
| 10 Do you like making things? |  |  |
| 11 When using a computer, do you find the bleeps and sounds useful to tell you when something has happened? |  |  |
| 12 When you revise/study or are learning something new, do you like to use diagrams and/or pictures? |  |  |
| 13 Are you quick at copying information down? |  |  |
| 14 If something is said to you, do you usually remember it, without it being repeated? |  |  |
| 15 In your spare time do you like doing something physically active like sport, walking, gardening,? |  |  |
| 16 When you have spare time, do you like to listen to music? |  |  |
| 17 When you are looking at a shop display, do you prefer to look around peacefully on your own? |  |  |
| 18 Do you find it easier to remember people’s names than their faces? |  |  |
| 19 When you spell, do you usually have to write the word down? |  |  |
| 20 Do you like to be able to move around when you are working? |  |  |
| 21 Do you learn to spell by saying the words out loud? |  |  |
| 22 When you are describing a party or holiday to a friend, do you describe what people looked like, what they wore and the colours? |  |  |
| 23 When starting a new task, do you like to get on and do something straight away? |  |  |
| 24 Do you learn well by watching someone demonstrate a skill? |  |  |
| 25 Does saying things out loud help you to learn? |  |  |

Learning Style Questionnaire continued

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| 26 Do you like showing people how to do something more than writing instructions? |  |  |
| 27 Do you like role play and acting things out? |  |  |
| 28 Do you prefer to go out to find information rather than sitting in the library or at a computer? |  |  |
| 29 When you visit a shop, do you enjoy talking about the items on display, and listening to the comments of others? |  |  |
| 30 Do you find it easy to follow a map? |  |  |
| 31 Do you feel that one of the best ways to appreciate goods in a shop is to be able to reach out and touch them? |  |  |
| 32 When you read a story or an article do you picture the scene in your mind? |  |  |
| 33 Do you tend to hum, or talk to yourself, when completing tasks? |  |  |
| 34 Do you look at the pictures in books or magazines before deciding what to read? |  |  |
| 35 When you are planning a new journey, do you like to talk to someone to find out where to go? |  |  |
| 36 Have you always found it difficult to stay still for long and like to be active? |  |  |

Circle only the number of the questions that you answered YES to:

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 | 1 | 2 |
|  | 6 | 3 | 5 |
|  | 8 | 9 | 7 |
|  | 12 | 11 | 10 |
|  | 13 | 14 | 15 |
|  | 17 | 16 | 19 |
|  | 22 | 18 | 20 |
|  | 24 | 21 | 23 |
|  | 26 | 25 | 27 |
|  | 30 | 29 | 28 |
|  | 32 | 33 | 31 |
|  | 34 | 35 | 36 |
| Totals |  |  |  |
|  | Visual | Auditory | Kinaesthetic |

Now shade in the total number for each style on the bar chart below.

The tallest bar on the chart shows your preferred learning style.

If the bar chart is roughly even you probably enjoy using all of the learning styles.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13 |  |  |  | 13 |
| 12 |  |  |  | 12 |
| 11 |  |  |  | 11 |
| 10 |  |  |  | 10 |
| 9 |  |  |  | 9 |
| 8 |  |  |  | 8 |
| 7 |  |  |  | 7 |
| 6 |  |  |  | 6 |
| 5 |  |  |  | 5 |
| 4 |  |  |  | 4 |
| 3 |  |  |  | 3 |
| 2 |  |  |  | 2 |
| 1 |  |  |  | 1 |
|  | **Visual** | **Auditory** | **Kinaesthetic** |  |