

LEARNING STYLES – VISUAL, AUDITORY, KINESTHETIC

Effective Learning: Visual, Auditory, Kinesthetic (VAK)

VAK describes Visual, Auditory and Kinesthetic learning styles. You can either print out the page and circle which answer you think describes you the best or make a note of the question number and your choice of (A), (B) or (C).

1 If I needed to give a talk, I would prefer to:

- A use lots of diagrams/photographs/slides
- B encourage discussion with the audience
- C demonstrate the topic using a model

2 In my spare time I prefer to:

- A watch TV or go to the cinema
- B listen to music or chat with friends
- C do something physical, such as sport or dancing

3 If I imagine my dream home, I like:

- A the colours of the rooms
- B how comfortable it feels
- C the peace of the surroundings

4 If I needed to learn to play a tune or sing a song, I would prefer to:

- A listen to a recording first
- B read the notes
- C try it out and learn it by trial and error

5 What I remember most about the characters of a film is usually:

- A the sound of their voices
- B their actions
- C their facial expressions

6 If I needed to learn a new move in my favourite sport, I would prefer to:

- A discuss it with someone else
- B try it out for myself
- C watch a demonstration

7 If I needed to use a new piece of equipment, I would prefer to:

- A listen to someone else explaining how to use it
- B go ahead and try it
- C watch a demonstration

8 If I needed to give someone directions to my house, I would prefer to:

- A use objects to represent places on the way
- B find what landmarks the person already knows and take it from there
- C draw a map

9 On a long train journey, I would prefer to:

- A look at the scenery or read a book
- B talk to my fellow passengers
- C eat and move around to stretch my legs from time to time

10 If I needed to work as part of a group, I would prefer to:

- A write down my own ideas
- B discuss with others
- C organise the group

11 When planning to redecorate my room I like:

- A talking my ideas through with others
- B choosing the colour scheme
- C actually doing the painting

12 I would find it easiest to remember:

- A the theme tune of a TV programme
- B the colour of my friend's new bedroom carpet
- C the steps to a dance

13 If I had three wishes, the first one of them would be:

- A travel to a desert island with blue sea, white sand and clear skies
- B become a famous actor, politician or musician
- C be at the peak of fitness and health

14 If I needed to learn how to order food in French, I would prefer to:

- A go to France and try it for real
- B listen to a tape of foreign speakers
- C look at a book of photographs of food

15 If a friend asked me what birthday present I would like, I would suggest:

- A something for gardening, cookery or my favourite food
- B a CD
- C a book or video

16 If I needed to cook a new dish, I would prefer to:

- A have someone explain what to do
- B follow the recipe in a cookery book
- C experiment with the ingredients myself

17 If I needed to learn how to give first aid to someone unconscious, I would prefer to:

- A look at a diagram
- B listen to someone explaining what to do
- C practise on a dummy

18 If I needed to study a play for an exam, I would prefer to:

- A act it out
- B listen to a tape of it
- C read a version of it

19 The type of puzzle I am more likely to enjoy is:

- A a Rubik cube
- B Name that Tune
- C a Spot the Difference puzzle

20 If I needed to mix paint colours, I would prefer to:

- A mix the paints to find out what colours are possible

- B listen to someone explaining what to do
- C follow a colour chart

21 If I needed to remember a friend's new telephone number, I would prefer to:

- A write it on my hand
- B say the number over and over
- C look at the number and try and see the pattern

22 If I needed to put together a piece of self-assembly furniture, I would prefer to:

- A try to assemble it without help
- B listen to someone reading out the instructions
- C look at a diagram or the picture on the packaging

23 If I needed to learn how to use a new computer program, I would prefer to:

- A watch someone use it first
- B talk to someone who knows how to use it
- C try it for myself

24 If I had to choose a new profession, it would be:

- A a top chef, sculptor or cabinet maker
- B a musician or a TV personality
- C something artistic such as a painter or interior decorator

25 To help my children learn more about a topic being covered at school I am more likely to:

- A find an appropriate video
- B talk to my child about the subject
- C do something practical with my child, such as making a model

26 When visiting a museum I prefer to:

- A read a guide book
- B listen to a taped audio-guide
- C walk around and touch the objects on show

27 When choosing a holiday, it is important that:

- A there is plenty to do and visit
- B the scenery is beautiful
- C it will be as quiet or as noisy as I like

28 When my child was younger, I most enjoyed:

- A singing songs and nursery rhymes
- B looking at books together
- C playing active games, such as bouncing my child on my knee

29 I am most likely to say:

- A I see that you mean
- B that rings a bell
- C I'm getting the hang of it

30 If I needed to understand an event in history, I would prefer to:

- A go to the place and get the feel for the period
- B watch a video
- C listen to an eyewitness describing the event

VAK Questionnaire Answers

Count the number of V's, A's and K's you have scored. Don't worry if you have equal numbers of each, this just means you prefer a combination of learning styles. V = a visual learning style, A = an auditory learning style and K= a kinaesthetic learning style.

Question	Answer A	Answer B	Answer C
1	V	A	K
2	V	A	K
3	V	A	K
4	A	V	K
5	A	K	V
6	A	K	V
7	A	K	V
8	K	A	V
9	V	A	K
10	V	A	K
11	A	V	K
12	A	V	K
13	V	A	K
14	K	A	V
15	K	A	V
16	A	V	K
17	V	A	K
18	K	A	V
19	K	A	V
20	K	A	V
21	K	A	V
22	K	A	V
23	V	A	K
24	K	A	V
25	V	A	K
26	V	A	K
27	K	V	A
28	A	V	K
29	V	A	K
30	K	V	A