

VAK

Checklist

Tick the statements which are usually true for you. Remember there are no right or wrong answers.

- | | |
|---|--|
| <input type="checkbox"/> 1 I like to hear new material explained. | <input type="checkbox"/> 18 I tend to forget things I haven't written down. |
| <input type="checkbox"/> 2 I learn by making personal connections to the material. | <input type="checkbox"/> 19 My workspace has a comfortable chair and enough room to move about. |
| <input type="checkbox"/> 3 Getting handouts is important for me. | <input type="checkbox"/> 20 I remember best when material has an emotional connection for me. |
| <input type="checkbox"/> 4 I like to move around in the classroom. | <input type="checkbox"/> 21 I remember things I have seen. |
| <input type="checkbox"/> 5 I need to feel comfortable with others in the group. | <input type="checkbox"/> 22 People and situations trigger emotions for me. |
| <input type="checkbox"/> 6 I like using different colours or highlighters. | <input type="checkbox"/> 23 I rarely take notes during lectures. |
| <input type="checkbox"/> 7 I need to repeat the material out loud. | <input type="checkbox"/> 24 I often play with small objects, such as keys or coins, while learning. |
| <input type="checkbox"/> 8 I need to try things out in order to learn them. | <input type="checkbox"/> 25 I can imitate other people's voices well. |
| <input type="checkbox"/> 9 I enjoy reading, going to the cinema or watching TV. | <input type="checkbox"/> 26 I learn best from a teacher or person I like. |
| <input type="checkbox"/> 10 I like to have music in the background. | <input type="checkbox"/> 27 I like to have 'active' holidays. |
| <input type="checkbox"/> 11 I like a classroom that feels cosy and friendly. | <input type="checkbox"/> 28 I need to write words down in order to make sure they are spelled correctly. |
| <input type="checkbox"/> 12 I do a lot of sports. | <input type="checkbox"/> 29 Colours are important to me. |
| <input type="checkbox"/> 13 Ideas come to me when I am exercising, walking or moving about. | <input type="checkbox"/> 30 I enjoy listening to the radio. |
| <input type="checkbox"/> 14 I enjoy discussions with classmates or colleagues. | <input type="checkbox"/> 31 I don't like to sit for a long period of time without moving. |
| <input type="checkbox"/> 15 I like a classroom which is decorated with posters, pictures and so on. | <input type="checkbox"/> 32 Having several close friends is very important for me. |
| <input type="checkbox"/> 16 My workspace has photos of family and friends. | |
| <input type="checkbox"/> 17 I learn well through hearing stories. | |

Key

Circle the numbers you ticked:

Visual

3, 6, 9, 15, 18, 21, 28, 29

Auditory

1, 7, 10, 14, 17, 23, 25, 30

Kinaesthetic emotional

2, 5, 11, 16, 20, 22, 26, 32

Kinaesthetic motoric

4, 8, 12, 13, 19, 24, 27, 31

Your preference profile

Put the number of circles in the boxes:

Visual

Auditory

Kinaesthetic emotional (KE)

Kinaesthetic motoric (KM)

Now fill in this grid demonstrating your preference profile.

Colour in the number of fields – the number of sentences you circled above – to better visualise your profile.

8				
7				
6				
5				
4				
3				
2				
1				
	V	A	KE	KM

Discussion points:

- Did you tick more answers for one type than another, or did you tick the same number for several types?
- Do you agree with the answers?
- How did you judge yourself *before* doing this survey? Was it the same or different?

Points to remember:

The actual number in each of the modalities is not important – it is the relation *between* the points that indicates learning style. Therefore, a significantly higher number in one area will indicate strength in that area, as compared to another area with a lower number of points.