

Learning Preference Test

The VAK Learning Styles Model was developed by psychologists in the 1920s to classify the most common ways that people learn: visual, auditory, kinaesthetic. Use this test to find out which is your learning preference, though in practice, often we 'mix and match' these learning styles.

Circle/Tick the answer that best represents how you generally behave:

1. When I get new equipment, I don't know how to use, I generally:
 - a) read the instructions first
 - b) listen to an explanation from someone who has used it before
 - c) go ahead and have a go, I can figure it out as I use it
2. When I need directions I usually:
 - a) look at a map
 - b) ask for spoken directions
 - c) follow my nose and maybe use a compass
3. If I am teaching someone something new, I tend to:
 - a) write instructions down for them
 - b) give them a verbal explanation
 - c) demonstrate first and then let them have a go
4. I tend to say:
 - a) "watch how I do it"
 - b) "listen to me explain"
 - c) "you have a go"
5. During my free time I most enjoy:
 - a) going to a show, or cinema, museums, exhibitions
 - b) listening to music and talking to my friends
 - c) playing sport, doing my hobbies or DIY
6. When I go shopping for clothes, I tend to:
 - a) imagine what they would look like on, buy them based on what they look like
 - b) discuss them with the shop staff
 - c) try them on and test them out
7. When I am learning a new skill, I am most comfortable:
 - a) watching what the teacher is doing
 - b) talking through with the teacher exactly what I'm supposed to do
 - c) giving it a try myself and work it out as I go
8. If I am choosing food off a menu, I tend to:
 - a) imagine what the food will look like
 - b) talk through the options in my head or with my friends
 - c) imagine what the food will taste like

Adapted from Source: https://www.businessballs.com/freepdfmaterials/vak_learning_styles_questionnaire.pdf



9. When I concentrate, I most often:
- a) focus on the words or the pictures in front of me
 - b) discuss the problem and the possible answers in my head
 - c) move around a lot, fiddle with pens and pencils and touch things
10. When picking a sofa for my house, I would consider:
- a) the colours and how they look
 - b) the descriptions the sales-people give me
 - c) their textures and what it feels like to touch them
11. My first memory is of:
- a) looking at something
 - b) being spoken to
 - c) doing something
12. When I am anxious, I:
- a) visualise the worst-case scenarios
 - b) talk over in my head what worries me most
 - c) can't sit still, fiddle and move around constantly
13. I feel especially connected to other people because of:
- a) how they look
 - b) what they say to me
 - c) how they make me feel
14. When I have to revise for an exam, I generally:
- a) write lots of revision notes and diagrams
 - b) talk over my notes, alone or with other people
 - c) imagine making the movement or creating the formula
15. If I am explaining to someone I tend to:
- a) show them what I mean
 - b) explain to them in different ways until they understand
 - c) encourage them to try and talk them through my idea as they do it
16. I really love:
- a) watching films, photography, looking at art or people watching
 - b) listening to music, the radio or talking to friends
 - c) taking part in sporting activities, eating good food or dancing
17. Most of my free time is spent:
- a) watching television
 - b) talking to friends
 - c) doing physical activity or making things

18. When I first contact a new person, I usually:
- a) arrange a face to face meeting
 - b) talk to them on the telephone
 - c) try to get together whilst doing something else, such as an activity or a meal
19. I first notice how people:
- a) look and dress
 - b) sound and speak
 - c) stand and move
20. If I am angry, I tend to:
- a) keep replaying in my mind what it is that has upset me
 - b) raise my voice and tell people how I feel
 - c) stamp about, slam doors and physically demonstrate my anger
21. I find it easiest to remember:
- a) faces
 - b) names
 - c) things I have done
22. I think that you can tell if someone is lying if:
- a) they avoid looking at you
 - b) their voices changes
 - c) they give me funny vibes
23. When I meet an old friend:
- a) I say, "it's great to see you!"
 - b) I say, "it's great to hear from you!"
 - c) I give them a hug or a handshake
24. I remember things best by:
- a) writing notes or keeping printed details
 - b) saying them aloud or repeating words and key points in my head
 - c) doing and practising the activity or imagining it being done
25. I tend to say:
- a) I see what you mean
 - b) I hear what you are saying
 - c) I know how you feel

Now add up how many A's, B's and C's you selected.

A = B = C =

Mostly A's: you have a **VISUAL** learning style.

Mostly B's you have an **AUDITORY** learning style

Mostly C's you have a **KINAESTHETIC** learning style

Some people find that their learning style may be a blend of two or three styles.

When you have identified your learning style(s), read the learning styles explanations and consider how this might help you to identify learning and development that best meets your preference(s).

Visual Learning Style

Someone with a Visual learning style has a preference for **seen** or **observed** things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart, etc. These people will use phrases such as '**show me**', '**let's have a look at that**' and will be best able to perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from **lists** and **written directions** and **instructions**.

Auditory Learning Style

Someone with an Auditory learning style has a preference for the transfer of information through **listening**: to the **spoken word**, of self or others, of **sounds** and **noises**. These people will use phrases such as '**tell me**', '**let's talk it over**' and will be best able to perform a new task after **listening to instructions** from an expert. These are the people who are happy being given spoken instructions over the **telephone**, and can remember all the words to songs that they hear!

Kinaesthetic Learning Style

Someone with a Kinaesthetic learning style has a preference for **physical experience – touching, feeling, holding, doing**, practical **hands-on** experiences. These people will use phrases such as '**let me try**', '**how do you feel?**' and will be best able to perform a new task by going ahead and trying it out, **learning as they go**. These are the people who like to **experiment**, hands-on, and never look at the instructions first!

People commonly have a main preferred learning style, but this will be part of a blend of all three. Some people have a very strong preference; other people have a more even mixture of two or less commonly, three styles.

When you know your preferred learning style(s) you understand the type of learning that best suits you. This enables you to choose the types of learning that work best for you. There is no right or wrong learning style. The point is that there are types of learning that are right for your own preferred learning style.

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