

VAK Chart

Using the VAK chart, make a checkmark next to those that work best for you and a star next to those you would like to try to expand your range. Add up all check marks to determine your preferred method. Discuss pros and cons as you work through the list.

	Visual	Auditory	Kinesthetic
When seeking travel directions, I...	look at a map	ask for spoken directions	follow my nose or maybe use a compass
When cooking a new dish, I...	follow a recipe	call a friend for explanation	follow my instinct, tasting as I cook
To teach someone something I..	write instructions	explain verbally	demonstrate and let them have a go
I tend to say...	"I see what you mean"	"I hear what you are saying"	"I know how you feel"
I tend to say...	"show me"	"tell me"	"let me try"
I prefer these leisure activities	museums or galleries	music or conversation	physical activities or making things
When shopping I tend to...	look and decide	discuss with shop staff	try on, handle or test
Choosing a vacation I...	read the brochures	listen to recommendations	imagine the experience
Learning a new skill	I watch what the teacher is doing	I talk through with the teacher exactly what I am supposed to do	I like to give it a try and work it out as I go along by doing it
Choosing from a restaurant menu...	I imagine what the food will look like	I talk through the options in my head	I imagine what the food will taste like
When listening to a band	I sing along to the lyrics (in my head or out loud!)	I listen to the lyrics and the beats	I move in time with the music
When concentrating I...	focus on the words or pictures in front of me	discuss the problem and possible solutions in my head	move around a lot, fiddle with pens and pencils and touch unrelated things

I remember things best by...	writing notes or keeping printed details	saying them aloud or repeating words and key points in my head	doing and practicing the activity, or imagining it being done
When anxious, I...	visualize the worst-case scenarios	talk over in my head what worries me most	can't sit still, fiddle and move around constantly
I feel especially connected to others because of	how they look	what they say to me	how they make me feel
When I revise for an exam, I..	write lots of revision notes (using lots of colors)	I talk over my notes, to myself or to other people	imagine making the movement or creating the formula
When explaining something to someone, I tend to...	show them what I mean	explain to them in different ways until they understand	encourage them to try and talk them through the idea as they try
My main interests are	photography or watching films or people-watching	listening to music or listening to the radio or talking to friends	physical /sports activities or fine wines and foods or dancing
Most of my free time is spent...	watching television	talking to friends	doing physical activity or making things
When I first contact a new person..	I arrange a face to face meeting	I talk to them on the telephone	I try to get together to share an activity
I first notice how people...	look and dress	sound and speak	stand and move
If I am very angry...	I keep replaying in my mind what it is that has upset me	I shout lots and tell people how I feel	I stomp about, slam doors and throw things
I find it easiest to remember	faces	names	things I have done
When I'm meeting with an old friend...	I say "it's great to see you!"	I say "it's great to hear your voice!"	I give them a hug or a handshake
Totals	Visual	Auditory	Kinesthetic