Read through the given situation and then score yourself from 1-5 (1 = least agree to 5 = entirely agree) for each statement - choosing the one that most applies to you.

**VAK SELF-QUIZ –**

**KNOW YOUR LEARNING STYLE**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SITUATION** | **VISUAL** | **Rate** | **AUDITORY** | **Rate** | **KINAESTHETIC** | **Rate** |
| Operate new equipment | Read instructions |  | Listen to the explanation |  | Have a go |  |
| Travel directions | Look at a map |  | Ask for spoken directions |  | Follow your nose and maybe use a compass |  |
| Cook a new dish | Follow a recipe |  | Call a friend for an explanation |  | Follow your instinct, tasting as you cook |  |
| Teach someone something | Write instructions |  | Explain verbally |  | Demonstrate and let them have a go |  |
| You'd say … | I see what you mean |  | I hear what you are saying |  | I know how you feel |  |
| You'd say … | Show me |  | Tell me |  | Let me try |  |
| You'd say … | Watch how I do it |  | Listen to me explain |  | You have a go |  |
| Faulty goods | Write a letter |  | Make a phone call |  | Send or take it back to the shop |  |
| Leisure | Museums and galleries |  | Music and conversation |  | Playing sport or DIY |  |
| Buying gifts | Books |  | Music |  | Tools and gadgets |  |
| Shopping | Look and imagine |  | Discuss with shop staff |  | Try on and test |  |
| Choose a holiday | Read the brochures |  | Listen to recommendations |  | Imagine the experience |  |
| Choose a new car | Read the reviews |  | Discuss with friends |  | Test-drive what  you fancy |  |