

My VAK Analysis

Thinking & Learning Skills

Name _____ Form _____

Are you.....

- a VISUAL Learner - you prefer pictures and images
- an AUDITORY Learner - you prefer words and sounds
- a KINAESTHETIC Learner - you like to learn through being physically active.

For each question, circle the answer that **describes you best**.

- When spelling a difficult word, do you....
V.....see the word in your mind
A.....hear or say the word to yourself
K.....write the word out to see how it feels
- When you remember things, do you....
V - see clear colour pictures
A - hear the sounds
K - remember the movements and how you felt
- When you are trying to think hard, what distracts you most....
V - untidiness
A - noise
K - movement
- If you are trying to remember someone, do you remember...
V - the face
A - the name, or what they said
K - where you were and what you were doing at the time
- You want to give a friend directions to your house. Do you....
V – draw a map
A – tell them the directions
K – point and use your hands to show the way
- When you relax, do you....
V - watch TV or read
A - listen to music
K - play sports or games
- Which helps you learn best....
V - written work with pictures and diagrams
A - to be told things
K - to be active and doing things
- When talking, do you....
V – talk fairly quickly
A - like to talk, and sometimes listen
K – talk slowly and move your hands
- Which do you prefer as a reward...
V - to get a written note
A - to hear it said to you
K - to be given a pat or a hug

10. If you get something like a new mobile phone, do you.....

- V - read the instructions silently before you switch it on
A - ask someone how to use it
K - switch it on and work it out yourself.

11. You are buying a new CD player. Which helps you decide what player to buy?

- V – it looks really smart and fashionable
A – the sales assistant tells you about it
K – you play with the controls and listen to it

12. How do you remember a new telephone number?. Do you...

- V – “See” the pattern of numbers in your mind
A – repeat the numbers out loud
K – remember the pattern of numbers on the keypad

13. You want to find out how your friend is feeling. Do you...

- V – look at the expression on their face
A – ask how they feel
K – look at how they stand and move

14. You are learning how to use a new programme in an ICT lesson. Do you like to....

- V – watch someone else do it
A – listen to the instructions
K – Try it out for yourself

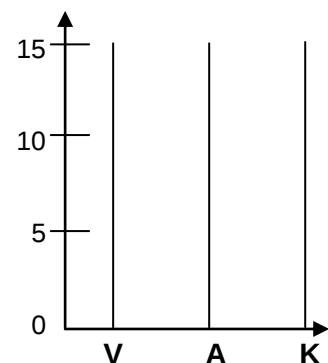
15. Which describes you best?

- V – I like to plan ahead and see the future
A – I sometimes talk or sing to myself
K – I get restless if I sit still for too long

Now...

- Count up the numbers of V, A and K
- plot your VAK profile.

V	
A	
K	
total	15



My preferred learning style is.....

Visual / Auditory / Kinaesthetic

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