

What Is your VAK Preferred Style of Learning?

It is interesting for teachers as well as learners to discover more about themselves. Before taking this survey, draw up a pie chart which indicates the percentages of visual, auditory, kinaesthetic motoric (movement) and kinesthetic emotional (feelings) modalities which you believe that you use. Then take this survey by reading the statements and putting a next to the ones which apply to you.

Visual	<input type="checkbox"/> I learn by watching. <input type="checkbox"/> I remember things I have seen. <input type="checkbox"/> I have a good memory for faces. <input type="checkbox"/> I like working with charts, graphs and diagrams. <input type="checkbox"/> I prefer to read about news rather than to listen to it on the radio. <input type="checkbox"/> I need to have things written down in order to remember them. <input type="checkbox"/> I remember the position of words or pictures that I have seen on a page. <input type="checkbox"/> I follow written directions better than oral ones. <input type="checkbox"/> I try to remember something by "picturing it in my head." <input type="checkbox"/> I need to take notes during a lecture or presentation so that I can look at them later. <input type="checkbox"/> I like to receive written material in class. <input type="checkbox"/> When I present material myself, I put a lot of time into making it look good. <input type="checkbox"/> I often use high-lighters or make notes while I am reading. <input type="checkbox"/> I enjoy taking photographs and often share them with others.
Auditory	<input type="checkbox"/> I learn by listening. <input type="checkbox"/> I remember things I have heard. <input type="checkbox"/> I have a good memory for voices and music. <input type="checkbox"/> I can usually remember lyrics to songs. <input type="checkbox"/> I follow oral directions better than written ones. <input type="checkbox"/> I would rather listen to a good lecture or speech than read about the same material. <input type="checkbox"/> I rarely take notes during lectures or presentations. <input type="checkbox"/> I review material best by discussing with others. <input type="checkbox"/> I prefer to have an oral explanation of charts, graphs and diagrams. <input type="checkbox"/> I like to listen to the radio. <input type="checkbox"/> I like to take part in discussions. <input type="checkbox"/> I sometimes think aloud. <input type="checkbox"/> I remember sequences and sometimes need to go back to the beginning of a story to remember all of it. <input type="checkbox"/> I like listening to music and often share my experiences with others.

Kinesthetic (Motoric)	<input type="checkbox"/> I learn by doing. <input type="checkbox"/> I remember things I have done. <input type="checkbox"/> I have a good memory for experiences. <input type="checkbox"/> I am good at sports. <input type="checkbox"/> I get restless when I need to sit for a long time and need regular physical activity. <input type="checkbox"/> I like to have 'active' holidays. <input type="checkbox"/> I enjoy moving the pieces of a jigsaw puzzle around. <input type="checkbox"/> I feel very comfortable touching others, for example clapping someone on the shoulder. <input type="checkbox"/> I like action-oriented movies. <input type="checkbox"/> I often think, work through problems or get ideas while walking or doing other physical activity. <input type="checkbox"/> I need to write things down several times to remember them. <input type="checkbox"/> I like to play with small objects such as coins or keys in my pockets. <input type="checkbox"/> I like working with tools. <input type="checkbox"/> My sports equipment is important to me and I try to do a sport or exercise regularly.
Kinesthetic (Emotional)	<input type="checkbox"/> I learn by using my feelings and intuition. <input type="checkbox"/> I remember things I have felt. <input type="checkbox"/> Situations which involved emotions stay in my memory for a long time. <input type="checkbox"/> I learn best from a teacher or person I like. <input type="checkbox"/> I need to feel comfortable with people in a group in order to learn or work successfully. <input type="checkbox"/> It's easy for me to speak about my feelings. <input type="checkbox"/> I often get 'feelings in my stomach' about something or someone. <input type="checkbox"/> I follow my feelings regarding other people. <input type="checkbox"/> People and situations set off emotions within me. <input type="checkbox"/> I prefer romantic movies to action-oriented ones. <input type="checkbox"/> I need to have at least one good friend with whom I can discuss my everyday problems. <input type="checkbox"/> I often take criticism personally. <input type="checkbox"/> Social contacts to others are important to me. <input type="checkbox"/> I like to be around other people in relaxed, comfortable situations.

After ticking off the statements which are most true to you add up how many ticks you have for each of the categories. From this you can determine which system you prefer. Normally the kinesthetic system includes both physical and emotional reactions, but while working in the field we have found that most people tend to be one or the other which is the reason it is divided here into two separate categories. It is also possible to use one system more in a working and learning situation and another system in private and personal situations. No test can give us the whole picture, but this survey can start you thinking about your preferred modality as well as the preferred modality of your students and colleagues.

Characteristics of VAK Learners

Visual	Auditory
<p>learns by seeing</p> <p>likes to organize material more than other learners do</p> <p>often uses dividers to organize his or her material</p> <p>remembers what was seen</p> <p>is observant of things around him or her</p> <p>likes to see pictures</p> <p>needs to see new words written down</p> <p>needs to write down word to make sure spelling is correct</p> <p>may have trouble remembering verbal instructions</p> <p>writes neatly and has good handwriting</p> <p>is imaginative</p> <p>sometimes likes to work alone</p> <p>likes to get handouts</p> <p>would rather read than be read to</p> <p>likes to have a visually stimulating environment</p> <p>remembers where something was seen</p>	<p>learns by listening and talking</p> <p>may talk to him or herself</p> <p>sometimes feels the need to say or mouth words while reading</p> <p>can repeat back what he or she has heard</p> <p>spoken language is easier than written</p> <p>speaks in rhythmic patterns</p> <p>may move in rhythm while learning or reciting</p> <p>likes music</p> <p>can usually mimic tone, pitch, intonation, and timbre easily</p> <p>usually has a good accent in a foreign language and can mimic the teacher well</p> <p>loves discussions and remembers what was discussed</p> <p>memorizes sequentially (from A-Z)</p> <p>usually tells a story from the beginning</p> <p>may think aloud</p> <p>rarely takes notes and concentrates on listening</p>

<p>Kinaesthetic Motoric</p> <p>learns by doing</p> <p>responds to physical rewards</p> <p>touches people and stands close to them</p> <p>is physically oriented and likes to move</p> <p>thinks and solves problems while walking</p> <p>uses gestures and movements while speaking</p> <p>remembers overall impression of what was experienced</p> <p>enjoys role plays</p> <p>likes to sit comfortably</p> <p>may doodle or play with small objects during class</p> <p>likes group work</p> <p>does not like to be inactive for longer periods of time</p>	<p>Kinaesthetic Emotional</p> <p>learns by feeling</p> <p>responds to emotional rewards and personal praise</p> <p>touches people and stands close to them</p> <p>needs to feel emotional connection with others</p> <p>remembers how he or she felt during an exercise or activity</p> <p>checks out internal feelings</p> <p>has strong intuition</p> <p>has a need to feel comfortable with others in the classroom</p> <p>may be very social</p> <p>likes to relate personal experiences to material to be learned</p>
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Learning Tips

<p>Visual</p> <p>use colours and highlighters</p> <p>use drawings and pictures</p> <p>organise material with colours or dividers</p> <p>use different coloured pens</p> <p>underline important information</p> <p>rearrange material to revise it</p> <p>create graphic organisers and mind maps</p>	<p>Auditory</p> <p>study / work with others</p> <p>ask others questions</p> <p>read aloud</p> <p>record texts</p> <p>repeat instructions aloud</p> <p>read along while listening to material</p> <p>write down anything that was learned orally</p>
<p>Kinaesthetic Motoric</p> <p>try information out</p> <p>act out stories, mime vocabulary</p> <p>learn while moving about</p> <p>make flashcards and practice with them</p> <p>volunteer for role plays</p> <p>take frequent breaks</p> <p>use apps and computer games</p>	<p>Kinaesthetic Emotional</p> <p>find personal connections to the material</p> <p>create a positive attitude towards learning</p> <p>find people you like to work with</p> <p>personalize learning materials</p> <p>find your own reasons for learning</p> <p>maybe have to put feelings aside</p> <p>remember positive experiences</p>

Are you Global or Analytic?

Below you will find 17 sets of statements. Check the statement in each group that most applies to you. When you are finished add up the points and find your style on the scale given at the end.

Do you usually focus on the details?	___ 1
Do you sometimes focus on the details and sometimes on the "big picture"?	___ 2
Do you usually prefer to have the "big picture" as an overview?	___ 3
Do you usually prefer to work alone?	___ 1
Do you sometimes like to work in a group (in which you feel comfortable) and sometimes alone?	___ 2
Do you usually prefer to work in groups (in which you feel comfortable)?	___ 3
Would you describe yourself as... usually being logical and rational?	___ 1
usually being intuitive, perceptive and imaginative?	___ 3
Do you usually prefer to work with material or information in a step-by-step way?	___ 1
Do you sometimes work step-by-step and sometimes make associations between material you know and material you are learning?	___ 2
Do you usually need to make associations between new material and material you have already learned?	___ 3
Do you feel the need to know which material will be covered in a course or lesson?	___ 1
Do you sometimes want to know which material is coming and sometimes just wait and see what will happen?	___ 2
Do you just wait and go along with what the teacher does?	___ 3
Are you usually self-motivated when working or learning?	___ 1
Do you alternate between working or learning for yourself and working or learning to please someone else?	___ 2
Do you usually work hard or study to please others?	___ 3
Do you normally try to finish one project at a time?	___ 1
Do you alternate between working on one project at a time and doing several things at the same time?	___ 2
Do you normally work on more than one project at a time?	___ 3
Do you seldom get personally involved with the others when working in a group?	___ 1
Do you sometimes get personally involved with the others when working in a group?	___ 2
Do you need to get personally involved with the others when working in a group?	___ 3
Do you usually ignore criticism from others?	___ 1
Do you sometimes ignore criticism from others?	___ 2
Are you usually hurt by criticism from others?	___ 3
Do you usually take an objective approach to learning?	___ 1
Do you sometimes take an objective approach to learning and sometimes relate the material to your personal life and experiences?	___ 2
Do you usually relate learning to your personal life and experiences?	___ 3
Is it necessary for you to have all the facts when you begin a new project?	___ 1
Do you sometimes need to have facts and sometimes an overview?	___ 2
Do you need to have an overview when you begin a new project?	___ 3
Do you usually remember specific details of things you have learned or experienced?	___ 1
Do you sometimes remember specific details and sometimes the whole experience?	___ 2
Do you usually remember the whole experience?	___ 3

Do you usually enjoy competition?	_____ 1
Do you sometimes enjoy competition and sometimes avoid it?	_____ 2
Do you usually avoid competition?	_____ 3
Do you usually make decisions logically without involving your emotions?	_____ 1
Do you sometimes make decisions emotionally and sometimes logically?	_____ 2
Do you usually make decisions by using your emotions and feelings?	_____ 3
Are you usually task-oriented and do you normally stay on task in a group?	_____ 1
Are you sometimes task-oriented and sometimes relationship-oriented?	_____ 2
Are you usually relationship-oriented and feel the need to have personal relationships with those in your group?	_____ 3
Do you usually like to follow specific procedures?	_____ 1
Do you sometimes like to follow specific procedures and sometimes prefer to decide for yourself how to do something?	_____ 2
Do you usually like to make the choices for yourself about how to do a task?	_____ 3
Do you usually plan for the future?	_____ 1
Do you sometimes plan for the future and sometimes live for the moment?	_____ 2
Do you usually live for the moment?	_____ 3

Key

Primarily Analytic 16 - 20	45 - 48 Primarily Global
Strongly Analytic 21 - 24	41 - 44 Strongly Global
Somewhat Analytic 25 - 28	37 - 40 Somewhat Global
Slightly Analytic 29 - 32	33 - 36 Slightly Global

Characteristics of Global and Analytic Learners

Global	Analytic
sees the “big picture”	focuses on the details
remembers the whole experience	remembers specifics of an experience
works best in groups	works best independently
needs to feel comfortable in a group and likes to form relationships with the others	rarely becomes personally or emotionally involved with the other in a group
works hard to please others	is self-motivated
is relationship-oriented	is task-oriented
often values feelings over facts	often values facts over feelings
makes decisions with the heart	makes decisions with the head
avoids competition	enjoys competition
takes criticism personally	can take criticism in a more detached way
must relate learning to personal life	takes an objective approach to learning
often works on several projects at the same time	prefers to finish one thing at a time
is intuitive, perceptive and imaginative	is logical and rational

Learning Tips

Global	Analytic
find ways to see the whole picture	make sure you get the facts and details you need or know where to go for them
look for chances to cooperate rather than compete	work on one thing at a time
relate learning to personal experiences	set up a structure for yourself
find out if there are different ways to do the same task	organise your learning materials and your time
you may have to separate learning from your emotions	find the learning benefits when you need to do group work