



VAK learning preference questionnaire for teachers

Below are 24 statements about ways of learning. Look at each of the statements and decide how much it is like you. Score each statement from 0 to 5. If it is really like you, score it 5. If it is not like you at all, score it 0. Use the numbers in between as well. Circle your score then add all the scores according to the key at the bottom

	Not like me				Really like me	
	0	1	2	3	4	5
1 When I listen to music I see pictures	0	1	2	3	4	5
2 Listening to music quickly changes my mood	0	1	2	3	4	5
3 To spell a difficult word correctly I see it first	0	1	2	3	4	5
4 My classroom feels good	0	1	2	3	4	5
5 My best teaching involves being practical	0	1	2	3	4	5
6 To spell a difficult word correctly I write it first	0	1	2	3	4	5
7 My classroom looks good	0	1	2	3	4	5
8 I recognise children by their clothes and appearance	0	1	2	3	4	5
9 When giving directions I describe the route	0	1	2	3	4	5
10 Listening to music distracts me	0	1	2	3	4	5
11 To spell a difficult word correctly I say it first	0	1	2	3	4	5
12 I recognise children by how they act in class	0	1	2	3	4	5
13 If I'm on a course I look at the handouts first	0	1	2	3	4	5
14 With a new computer I'd quickly get started	0	1	2	3	4	5
15 With a new computer I'd read the manual	0	1	2	3	4	5
16 When giving directions I draw a map	0	1	2	3	4	5
17 My best teaching includes lots of discussion	0	1	2	3	4	5
18 If I'm on a course I choose where I'm sitting first	0	1	2	3	4	5
19 With a new computer I'd look at the diagrams	0	1	2	3	4	5
20 My classroom sounds good	0	1	2	3	4	5
21 When giving directions I look for landmarks	0	1	2	3	4	5
22 I recognise children by the sound of their voice	0	1	2	3	4	5
23 If I'm on a course I talk to my neighbour first	0	1	2	3	4	5
24 My best teaching utilises lots of visual aids	0	1	2	3	4	5

Marking Your Questions

<i>Visual</i>	score
Question 1	_____
Question 3	_____
Question 7	_____
Question 8	_____
Question 13	_____
Question 19	_____
Question 21	_____
Question 24	_____

Total

<i>Kinesthetic</i>	score
Question 2	_____
Question 4	_____
Question 5	_____
Question 6	_____
Question 12	_____
Question 14	_____
Question 16	_____
Question 18	_____

Total

<i>Auditory</i>	score
Question 9	_____
Question 10	_____
Question 11	_____
Question 15	_____
Question 17	_____
Question 20	_____
Question 22	_____
Question 23	_____

Total