|  |  |  |  |
| --- | --- | --- | --- |
| Question: | Yes | Not sure | No |
| I enjoy discussing my learning with my friends |  |  |  |
| I remember visual details. |  |  |  |
| I prefer to do practical activities |  |  |  |
| I remember things more easily if I say them out loud. |  |  |  |
| I learn things better if I can see them |  |  |  |
| I want to actually do whatever is being talked about or learned. |  |  |  |
| It helps if someone explains something to me. |  |  |  |
| I like to use a pen and paper to help me with my learning. |  |  |  |
| When I am listening, it helps if I doodle on a piece of paper |  |  |  |
| I sometimes find it difficult to follow written instructions. |  |  |  |
| I sometimes find it difficult to follow discussions. |  |  |  |
| I like to move around while I am listening or talking. |  |  |  |
| I sometimes talk to myself when I’m learning something new. |  |  |  |
| I can understand something more easily if there is a diagram to explain it. |  |  |  |
| I often use my hands when I talk. |  |  |  |
| If I have to memorize something, I might repeat it to myself |  |  |  |
| I like to write down instructions or telephone numbers to help me remember them. |  |  |  |
| I like to touch things in order to learn about them. |  |  |  |
| Total:  |  |  |  |

VAK Learning Styles Questionnaire: Year 6

Name:

I am a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ learner