

Visual, Auditory, and Kinesthetic Survey

To the left of each statement in the space provided, write the number that best describes how each statement applies to you by using the following guide. Read each statement carefully. Answer honestly, there are no correct or incorrect answers. It is best if you do not think about each question too long, as this could lead you to the wrong conclusion.

1	2	3	4	5
<i>Almost never applies</i>	<i>Applies once in a while</i>	<i>Sometimes applies</i>	<i>Often applies</i>	<i>Almost always applies</i>

Section One

- _____ I take lots of notes and I like to doodle.
- _____ When talking to someone else I have the hardest time handling those who do not maintain good eye contact with me.
- _____ I make lists and notes because I remember things better if I write them down.
- _____ When reading a novel I pay a lot of attention to passages picturing the clothing, description, scenery, setting, etc.
- _____ I need to write down directions so that I may remember them.
- _____ I need to see the person I am talking to in order to keep my attention focused on the subject.
- _____ When meeting a person for the first time I notice the style of dress, visual characteristics, and neatness first.
- _____ When I am at a party, one of the things I love to do is stand back and "people-watch."
- _____ When recalling information I can see it in my mind and remember where I saw it.
- _____ If I had to explain a new procedure or technique, I would prefer to write it out.
- _____ With free time I am most likely to watch television or read.
- _____ If my boss has a message for me, I am most comfortable when she sends a memo.

Total sum of answers for Section One _____ (note: the minimum is 12 and maximum is 60)

*Once you have completed all three (3) sections, enter your score in the spaces provided on the last page.

1	2	3	4	5
<i>Almost never applies</i>	<i>Applies once in a while</i>	<i>Sometimes applies</i>	<i>Often applies</i>	<i>Almost always applies</i>

Section Two

- _____ When I read, I read out loud or move my lips to hear the words in my head.
- _____ When talking to someone else I have the hardest time handling those who do not talk back with me.
- _____ I do not take a lot of notes but I still remember what was said. Taking notes distracts me from the speaker.
- _____ When reading a novel I pay a lot of attention to passages involving conversations, talking, speaking, dialogues, etc.
- _____ I like to talk to myself when solving a problem or writing.
- _____ I can understand what a speaker says, even if I am not focused on the speaker.
- _____ I remember things easier by repeating them again and again.
- _____ When I am at a party, one of the things I love to do is talk in-depth about a subject that is important to me with a good conversationalist.
- _____ I would rather receive information from the radio, rather than a newspaper.
- _____ If I had to explain a new procedure or technique, I would prefer telling about it.
- _____ With free time I am most likely to listen to music.
- _____ If my boss has a message for me, I am most comfortable when she calls on the phone.

Total sum of answers for Section Two _____ (note: the minimum is 12 and maximum is 60)

*Once you have completed all three (3) sections, enter your score in the spaces provided on the last page.

1	2	3	4	5
<i>Almost never applies</i>	<i>Applies once in a while</i>	<i>Sometimes applies</i>	<i>Often applies</i>	<i>Almost always applies</i>

Section Three

- _____ I am not good at reading or listening to directions. I would rather just start working on the task or project at hand.
- _____ When talking to someone else I have the hardest time handling those who do not show any kind of emotional support.
- _____ I take notes and doodle but I rarely go back a look at them.
- _____ When reading a novel I pay a lot of attention to passages revealing feelings, moods, action, drama, etc.
- _____ When I am reading, I move my lips.
- _____ I will exchange words and places and use my hands a lot when I can't remember the right thing to say.
- _____ My desk appears disorganized.
- _____ When I am at a party, one of the things I love to do is enjoy the activities such as dancing, games, and totally losing myself in the action.
- _____ I like to move around. I feel trapped when seated at a meeting or a desk.
- _____ If I had to explain a new procedure or technique, I would prefer actually demonstrating it.
- _____ With free time I am most likely to exercise.
- _____ If my boss has a message for me, I am most comfortable when she talks to me in person.

Total sum of answers for Section Three _____ (note: the minimum is 12 and maximum is 60)

*Once you have completed all three (3) sections, enter your score in the spaces provided below.

Scoring Procedures

Total each section and place the sum in the blocks below. The area in which you have the highest score represents your best learning style. Note that you can learn in *ALL* three styles, but you normally learn best using one style.

Section One	Section Two	Section Three
<i>number of points:</i>	<i>number of points:</i>	<i>number of points:</i>
<i>VISUAL</i> Learner	<i>AUDITORY</i> Learner	<i>KINESTHETIC</i> Learner

Built January, 1998. Updated May 13, 2013 Learning Styles - donclark@nwlinc.com <http://www.nwlinc.com/~donclark/hrd/styles/vak.html>