

# Questionnaire

1. When you think about spelling a word, do you
  - V See the word**
  - A Sound the word out**
  - K Write the word down to see if it looks right**
  
2. When you are really concentrating, are you distracted by...
  - V Messiness/untidiness**
  - A Noise/talking/music**
  - K Movement**
  
3. When you recall specific incidents, do you...
  - V Do it with pictures/images**
  - A Sounds**
  - K See moving pictures**
  
4. When you are angry, do you...
  - V Remain silent, but seethe inside**
  - A Shout loudly**
  - K Clench your fists, grit your teeth, stamp about**
  
5. When you forget an incident that has happened or a person you've met, do you...
  - V Forget names but remember faces**
  - A Forget faces but remember names**
  - K Remember only where you were and what you did**
  
6. When describing an object, for example your front door, would you...
  - V Picture it in your mind**
  - A Describe it with words**
  - K Think how it feels, sounds, opens, etc.**

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7. When you are learning, do you prefer...
- V Work that is written down in many colours**
  - A Listening to a person talk or give instructions**
  - K Participating in activities, making or doing**
8. When you do leisure activities, do you prefer to...
- V Watch TV, read, or play on a computer**
  - A Listen to music**
  - K Play sports and games**
9. When you are talking, do you...
- V Talk little and are reluctant to listen for too long**
  - A Like to listen and talk as well**
  - K Talk with your hands and gesture a lot**
10. When you receive praise or a reward, do you prefer to...
- V Receive a written note or certificate**
  - A Hear it said to you**
  - K Be given a 'pat on the back' or a handshake**

**Total no. of Vs =**

**Total no. of As =**

**Total no. of Ks =**

The letter that has the highest score indicates your preferred way of learning. Many people do not have a really strong preference and can work easily with all three styles - if you have roughly equal scores this may be you!