

# Vision, Auditory, and Kinesthetic Survey

Read each statement carefully. To the left of each statement, write the number that best describes how each statement applies to you by using the following guide:

1	2	3	4	5
Almost Never Applies	Applies Once In A While	Sometimes Applies	Often Applies	Almost Always Applies

Answer honestly as 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.

Once you have completed all 36 statements (12 statements in three sections), total your score in the spaces provided.



## Section One - Visual

- \_\_\_\_\_ 1. I take lots of notes and I like to doodle.
- \_\_\_\_\_ 2. When talking to someone else I have the hardest time handling those who do not maintain good eye contact with me.
- \_\_\_\_\_ 3. I make lists and notes because I remember things better if I write them down.
- \_\_\_\_\_ 4. When reading a novel I pay a lot of attention to passages picturing the clothing, description, scenery, setting, etc.
- \_\_\_\_\_ 5. I need to write down directions so that I may remember them.
- \_\_\_\_\_ 6. I need to see the person I am talking to in order in order to keep my attention focused on the subject.
- \_\_\_\_\_ 7. When meeting a person for the first time I notice the style of dress, visual characteristics, and neatness first.
- \_\_\_\_\_ 8. When I am at a party, one of the things I love to do is stand back and

"people-watch."

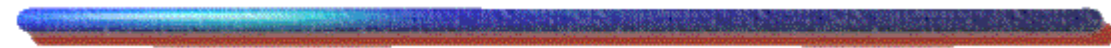
\_\_\_\_\_ 9. When recalling information I can see it in my mind and remember where I saw it.

\_\_\_\_\_ 10. If I had to explain a new procedure or technique, I would prefer to write it out.

\_\_\_\_\_ 11. With free time I am most likely to watch television or read.

\_\_\_\_\_ 12. If my friend has a message for me, I am most comfortable when (s)he sends an email or a note.

Total For Visual \_\_\_\_\_ (note: the minimum is 12 and maximum is 60)



## Section Two - Auditory

\_\_\_\_\_ 1. When I read, I read out loud or move my lips to hear the words in my head.

\_\_\_\_\_ 2. When talking to someone else I have the hardest time handling those who do not talk back with me.

\_\_\_\_\_ 3. I do not take a lot of notes but I still remember what was said. Taking notes distracts me from the speaker.

\_\_\_\_\_ 4. When reading a novel I pay a lot of attention to passages involving conversations, talking, speaking, dialogues, etc.

\_\_\_\_\_ 5. I like to talk to myself when solving a problem or writing.

\_\_\_\_\_ 6. I can understand what a speaker says, even if I am not looking at the speaker.

\_\_\_\_\_ 7. I remember things easier by repeating them again and again.

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\_\_\_\_\_ 8. 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.

\_\_\_\_\_ 9. I would rather receive information from the radio, rather than a newspaper.

\_\_\_\_\_ 10. If I had to explain a new procedure or technique, I would prefer telling about it.

\_\_\_\_\_ 11. With free time I am most likely to listen to music.

\_\_\_\_\_ 12. If my friend has a message for me, I am most comfortable when (s)he calls on the phone.

Total For Auditory \_\_\_\_\_ (note: the minimum is 12 and maximum is 60)



### Section Three - Kinesthetic

\_\_\_\_\_ 1. I am not good at reading or listening to directions. I would rather just start working on the task or project at hand.

\_\_\_\_\_ 2. When talking to someone else I have the hardest time talking with those who do not show any kind of emotion on their face.

\_\_\_\_\_ 3. I take notes and doodle but I rarely go back and look at them.

\_\_\_\_\_ 4. When reading a novel, I pay a lot of attention to passages revealing feelings, moods, action, drama, etc.

\_\_\_\_\_ 5. When I am reading, I move my lips.

\_\_\_\_\_ 6. I will change words and places and use my hands a lot when I can't remember the right thing to say.

\_\_\_\_\_ 7. My room or work area looks disorganized.

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\_\_\_\_\_ 8. 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.

\_\_\_\_\_ 9. I like to move around. I feel trapped when seated in class.

\_\_\_\_\_ 10. If I had to explain a new procedure or technique, I would prefer actually demonstrating it.

\_\_\_\_\_ 11. With free time I am most likely to do something that involves exercise or movement.

\_\_\_\_\_ 12. If my friend has a message for me, I am most comfortable when (s)he talks to me in person.

Total For Kinesthetic \_\_\_\_\_ (note: the minimum is 12 and maximum is 60)

## SCORING PROCEDURES

Total each section and place the sum in the blocks below:

<b>VISUAL</b>	<b>AUDITORY</b>	<b>KINESTHETIC</b>
number of points: _____	number of points: _____	number of points: _____

The area in which you have the highest score represents your best learning style. Note that you learn in **ALL** three styles, but you normally learn best using one style.