VAK Preference Survey

Directions: Select A, B, or C based on the word group or sentence you like the best. Circle the letter of your selection. Then transfer your selections to the VAK Data Sheet. Add the number of selections in each column and multiply by four. Graph your results on the VAK Profile.

1. A. Rustling - Hear - Tempo
   B. Texture - Feel - Soft
   C. Illustration - Snapshot - Picture
2. A. I get it.
   B. I saw the rows of flowers.
   C. I felt the breeze on my back.
3. A. I heard the train whistle.
   B. Chat - Stillness - Tune
   C. Race - Latch - Loosen
4. A. Focus - Color - Inspect
   B. Rings true
   C. Hang in there
5. A. Bird's-eye view
   B. Shiny - Reflection - Attractive
   C. Call - Whisper - Bell
6. A. Nod - Glide - Signal
   B. This feels good to me.
   C. This looks good to me.
7. A. This sounds good to me.
   B. Melody - Quiet - Hear
   C. Touch - Smooth - Movement
8. A. Vision - Clear - Glimpse
   B. I hear what you’re saying.
   C. I see what you mean.
9. A. I sense how you feel.
   B. Appears to me
   C. Loud and clear
10. A. Peek - Sight - View
    B. Keep an eye out.
    C. Give him a hand.
11. A. Get in touch with
    B. The sunset was beautiful.
    C. It looked good.
12. A. Lend me an ear.
    B. The sound of the ocean
    C. Listen up.
13. A. The sport was fun.
    B. Mention - Tone - Rhyme
    C. Hold - Trot - Catch
14. A. Grip - Support - Relax
    B. It felt good.
    C. Bright as day
15. A. It sounded good.
    B. Catch this.
    C. The sound of the waves
16. A. Look at this.
    B. Smooth as silk
    C. The vibration in the air
17. A. Purring - Listen - Talk
    B. The view of the ocean
    C. Run - Throw - Snap
18. A. Clear as a bell
    B. Glow - Appear - See
    C. The sound of the waves
19. A. The feel of the sand
    B. The sound of the instruments
    C. The painting had beautiful colors.
20. A. Look - Color - Glance
    B. Let me do this.
    C. In touch with...
21. A. Let me hear this.
    B. Watch - Shine - Observe
    C. The colorful back
22. A. The sight on the stage
    B. The cloth had a smooth feel.
    C. The painting had beautiful colors.
23. A. Discuss - Silence - Say
    B. Hear the sound...
    C. In touch with...
### Directions:
Transfer your responses to this data sheet by placing a circle around the letter. Count the number of letters circled and enter the total at the bottom of each column. Multiply by four and then graph your results on the VAK Profile.

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<thead>
<tr>
<th></th>
<th>Total 1</th>
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Put the total from the column in this box and multiply by 4 to get the score you will graph on the VAK Profile.
What did you learn about yourself regarding the learning modalities?

Strategies I can use for each VAK learning modality.

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Refer back to your VAK profile. Select one of the modalities you were not as strong in and explain how you will use strategies to strengthen that modality.