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 see.
   C. I hear you

3. A. I heard the train whistle.
   B. I saw the rows of flowers.
   C. I felt the breeze on my back.

4. A. Focus - Color - Inspect
   B. Chat - Stillness - Tune
   C. Race - Latch - Loosen

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. Scoot - Gallop - Skip
   C. Give him a hand.

10. A. Peek - Sight - View
    B. Appears to me
    C. It was music to my ears.

11. A. Get in touch with
    B. Keep an eye out.
    C. In touch with...

12. A. Lend me an ear.
    B. The sunset was beautiful.
    C. It looked good.

13. A. The sport was fun.
    B. It felt good.
    C. Listen up.

14. A. Grip - Support - Relax
    B. The view of the ocean
    C. The painting had beautiful colors.

15. A. It sounded good.
    B. The sound of the instruments
    C. The sound had an interesting melody.

16. A. Look at this.
    B. The sound was beautiful.
    C. The feel of the sand

17. A. Purring - Listen - Talk
    B. It felt good.
    C. The vibration in the air

18. A. Clear as a bell
    B. Catch this.
    C. Run - Throw - Snap

19. A. The feel of the sand
    B. Smooth as silk
    C. The painting had beautiful colors.

20. A. Look - Color - Glance
    B. The view of the ocean
    C. In touch with...

21. A. Let me hear this.
    B. The sound of the instruments
    C. In touch with...

22. A. The sight on the stage
    B. Let me do this.
    C. The sound had an interesting melody.

23. A. Discuss - Silence - Say
    B. The sound of the instruments
    C. The painting had beautiful colors.

24. A. The sound had an interesting melody.
    B. The cloth had a smooth feel.
    C. The sight on the stage

25. A. A glimpse of...
    B. Hear the sound...
    C. In touch with...

Indicator created by John Parks Le Tellier

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VAK Data Sheet

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.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1. B</td>
<td>A</td>
<td>C</td>
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<tr>
<td>2. B</td>
<td>A</td>
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<tr>
<td>3. A</td>
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<td>4. A</td>
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<tr>
<td>5. B</td>
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<td>A</td>
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<tr>
<td>6. C</td>
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<tr>
<td>7. A</td>
<td>B</td>
<td>C</td>
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<tr>
<td>8. C</td>
<td>B</td>
<td>A</td>
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<tr>
<td>9. C</td>
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<tr>
<td>10. B</td>
<td>C</td>
<td>A</td>
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<tr>
<td>11. B</td>
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<td>12. B</td>
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<td>17. B</td>
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<td>18. C</td>
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<td>19. B</td>
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<td>A</td>
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<tr>
<td>20. A</td>
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</tr>
<tr>
<td>21. A</td>
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<tr>
<td>22. B</td>
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<td>23. B</td>
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</tr>
<tr>
<td>24. C</td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>25. A</td>
<td>B</td>
<td>C</td>
</tr>
</tbody>
</table>

Total 1 x4= 
Total 2 x4= 
Total 3 x4= 

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.