

VISUAL, AUDITORY, OR KINESTHETIC SURVEY

INSTRUCTIONS

Read each statement carefully. For each statement, check the circle of the number that best describes how each statement applies to you with the following guide.

Almost Never Applies	Applies Once in a While	Applies Sometimes	Applies Often	Almost Always Applies
1	2	3	4	5

Answer honestly as there are no correct or incorrect. Don't think about each question for too long, as this could deter you. Once you've answered all statements, total your score in the spaces provided.

Section 1: Visual

1. I take written notes and/draw mind maps.

Almost Never Applies	Applies Once in a While	Applies Sometimes	Applies Often	Almost Always Applies
1	2	3	4	5

2. When talking to someone else I have a difficult time understanding those who do not maintain good eye contact with me.

Almost Never Applies	Applies Once in a While	Applies Sometimes	Applies Often	Almost Always Applies
1	2	3	4	5

3. I make lists and notes because I remember things better if I write them down.

Almost Never Applies	Applies Once in a While	Applies Sometimes	Applies Often	Almost Always Applies
1	2	3	4	5

4. When reading a novel, I pay a lot of attention to passages that help me to picture the clothing, description, scenery, setting, etc.

Almost Never Applies	Applies Once in a While	Applies Sometimes	Applies Often	Almost Always Applies
1	2	3	4	5

5. I need to write down directions so that I can remember them.

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

6. I need to see the person I am talking to in order to keep my attention focused on the subject.

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

7. When meeting a person for the first time, I notice the style of dress, visual characteristics, and neatness first.

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

8. When I am at a party, one of the things I love to do is stand back and observe the people.

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

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

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

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

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

11. In my free time I am most likely to watch television or read.

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

12. If my boss had a message for me, I am most comfortable when she sends a memo.

Almost Never Applies

1

Applies Once in a While

2

Applies Sometimes

3

Applies Often

4

Almost Always Applies

5

Total for Visual: _____ (the minimum is 12 and the maximum is 60)

Section 2: Auditory

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

2. When talking to someone, I have a difficult time understanding those who do not talk or respond with me.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

6. I can understand what a speaker says, even if I am not focused on the speaker.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

7. I remember things easier by repeating them over and over.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

12. If my boss has a message for me, I am most comfortable when he or she calls me on the phone.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

Total for Auditory: _____ (the minimum is 12 and the maximum is 60)

Section 3: 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.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

2. When talking to someone, I have a difficult time understanding those who do not show any kind of emotional or physical support.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

3. I take notes, doodle, and/or make mind-maps, but I rarely go back and look at them.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

6. I often exchange words, such as places or things, and use my hand a lot when I can't remember the right thing to say.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

7. My desk appears disorganized.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

9. I like to move around. I feel trapped when seated at a meeting or a desk.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

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

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

11. With my free time I am most likely to exercise.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

12. If my boss has a message for me, I am most comfortable when she talks to me in person.

Almost Never
Applies

1

Applies Once
in a While

2

Applies
Sometimes

3

Applies
Often

4

Almost Always
Applies

5

Total for Kinesthetic: _____ (the minimum is 12 and the maximum is 60)

Section 4: Score Meanings

Visual

If your highest score was visual, you're a learner who typically needs to use images, graphics, colors, and maps in order to understand concepts and thoughts.



Auditory

If your highest score was auditory, you're a learner who typically needs to listen in order to learn best. This can include reading a textbook aloud or being read to.



Kinesthetic

If your highest score was kinesthetic, you're a learner who typically needs to feel or move in order to learn more effectively. This can include being tactile or hands-on in your learning.