

Tutorial 4

(The V.A.K Test; Am I visual, auditory, or kinesthetic person?)

The V.A.K concept (Visual, Auditory, Kinesthetic) is based on the principle that we perceive information at different levels. Each of us has a predominant learning style.

A. A visual person learns best by using **visual aids** such as videos and graphics. They retain information by visualizing it mentally.

B. An auditory person learns best when they **hear the information**. They can better remember information when it comes from a recording.

C. A kinesthetic person retains information more effectively through direct **hands-on experience**.

Application:

For each of the following statements, choose the letter of the answer

1. When I listen to a speaker, teacher, or presenter:

- a. I prefer when they speak quickly and energetically. If they speak too slowly, it annoys me or makes me sleepy.
- b. I prefer when they speak with rhythm and vary their tone.
- c. I prefer when they speak slowly, with a calm voice and pauses. If they speak too fast, it annoys me or makes me sleepy.

2. When I teach a class or lead a meeting (or if I had to do so):

- a. I use markers of different colors, write on the board, show electronic slides, illustrate with diagrams, and give examples.
- b. I talk a lot and dictate summaries or notes.
- c. I organize activities, encourage participation and hands-on experience, and try to create an atmosphere of exchange.

3. When I visit a place for the first time, my attention is first drawn to:

- a. The colors (walls, furniture, carpets) and the originality of the place.
- b. The noises, sounds, or the prevailing silence.
- c. The atmosphere of the place and the comfort of the furniture.

4. When I am working, an unexpected noise (like a phone ringing):

- a. Distracts me.
- b. Does not affect my concentration.
- c. Makes me startle.

5. When I communicate with someone:

- a. I pay a lot of attention to their facial expressions.
- b. I focus primarily on the message.
- c. I pay a lot of attention to the emotion being conveyed.

6. If I am waiting for someone and they arrive late:

- a. I make remarks at the first opportunity.
- b. I let the incident pass without comment.
- c. I make sure they feel my emotion.

7. I prefer to attend a workshop in which:

- a. The facilitator writes on the board.
- b. The facilitator gives an oral presentation.
- c. The facilitator interacts with participants and encourages small group work.

8. When I buy clothes, my primary concern is:

- a. I focus on the style, colors, and originality.
- b. I look for the best value for money.
- c. The fabric texture and comfort of the clothing are most important.

9. When faced with a new device, I tend to:

- a. Read the instruction manual before using it.
- b. Try to operate it before reading the instruction manual.
- c. Ask someone for help.

10. When important concepts are being explained to me:

- a. I like it when a drawing, diagram, or plan is used to guide me.
- b. I understand easily and get impatient when the facilitator repeats, eager to move on.
- c. I like to take detailed notes myself.