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Vak Quiz

Instructions: Answer each question honestly, you can only choose one option and if you are unsure choose the closest answer.

	Question	Visual	Audio	Physical / Kinaesthetic	
1	When I buy a new gadget I prefer to:	Look at the diagrams	Ask for an explanation	Have a go and play with it	
2	When I am lost:	Look at the map	Ask for directions	Drive around	
3	When learning a new recipe:	Watch a TV programme	Phone a friend	Taste as I go along	
4	When explaining	Draw a diagram	Tell them how to do it	Show them how to do it	
5	I say	I see what you mean	I hear what you say	I know how you feel	
6	I prefer	TV	Music or conversation	Sport	
7	When shopping	Look at things	Discuss with friends & staff	Try on & feel things	
8	Choosing a car	Look at car magazines	Ask advice	Test Drive it.	
9	Watching MTV	Watch the video	Listen to the music	Tap or move with the music	
10	When Concentrating	Visualise the problem	Discuss in in my head	Walk around a lot	
11	My first memory	I saw something	I heard something	I did something	
12	I remember	faces	names	Things I have done	
	Total	Visual	Audio	Physical	

Advice when revising

Remember not everybody has a strong preference, so use whatever combination of methods works for you.

Visual Learners

- Use Mindmaps for notes
- Use colour and highlighters
- Draw diagrams
- Make sketches
- Watch videos if they exist in your subject

Audio Learners

- Read your notes aloud
- Record your notes to your iPod / PC / Tape recorder
- Discuss the subject in revision groups and anybody else who is willing to help.
- Try to put your notes to a tune
- Make use of Mnemonics (Making key points stand for something) / Rhymes

Physical Learners

- Move around the room as you revise
- Revise while jogging, swimming or cycling
- Add actions to key points
- When testing yourself – If you make a mistake, do a push up, sit up or some other light form of exercise for a few seconds.
- Make sure you get plenty of exercise between revision periods to reduce your stress.

In General

- Try to be active in your revision – Do not just read notes, do some writing, type up your notes, put them onto cue cards, organise them or make Mindmaps.
- Schedule in plenty of breaks – Very few people can really concentrate for more than 45 minutes a session.
- Get plenty of rest. Research has shown that revision shortly before bedtime is most likely to be remembered. You can even make a slumber recording to help you go to sleep. (I don't know if it's the process of creating the recording or the subliminal reminders that help, but many people say they are very useful.)