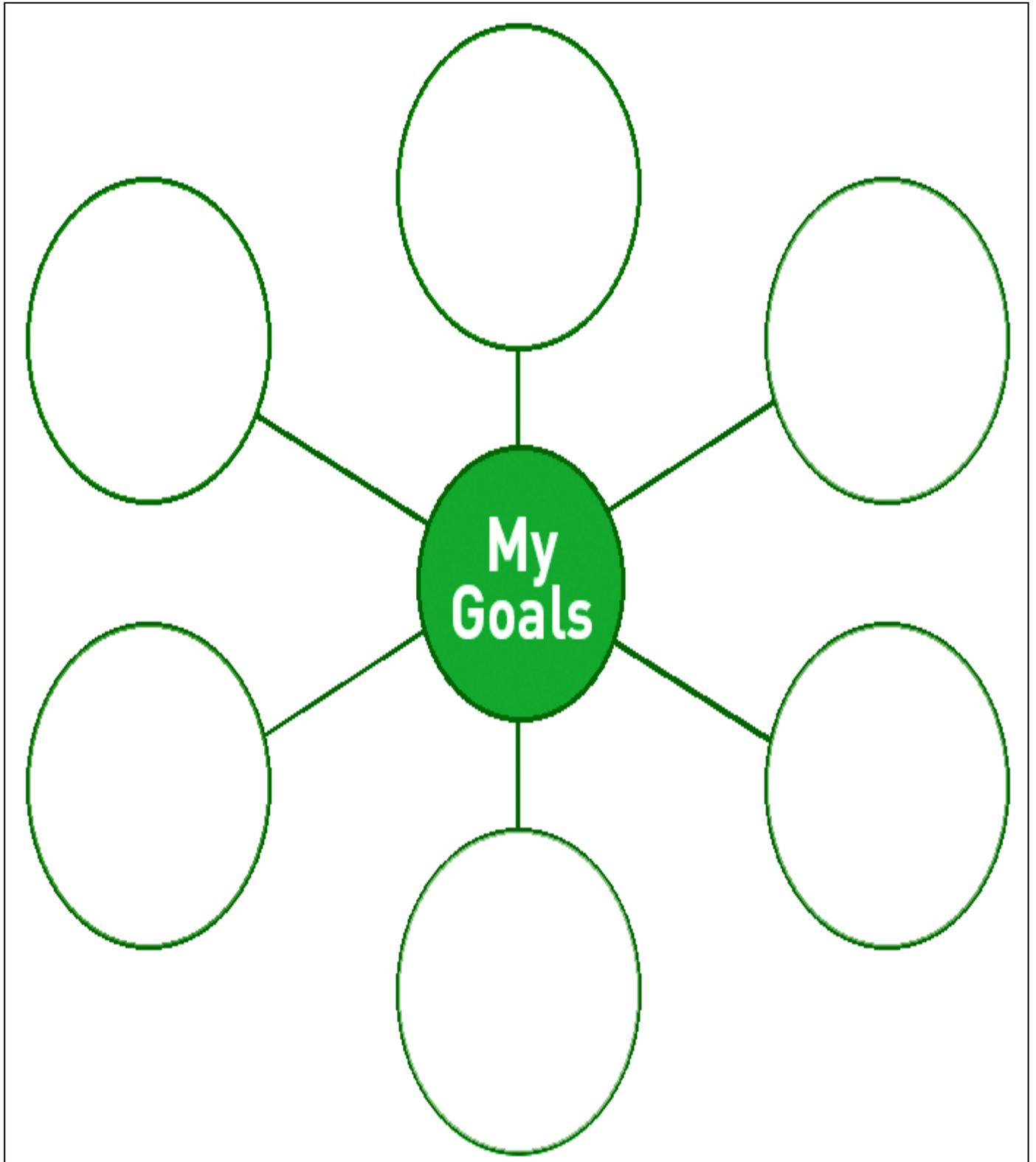


My Goals...



V.A.K Questionnaire

Instructions:

Below are 15 statements about how people learn.

1. Look at each statement and decide how much it is like you.
2. Score each statement from 0 to 5. If it is like you, score it 5. If it is not like you at all, score it 0. Use the numbers in between as appropriate. Circle your score.
3. Add all the scores using the next page.

	Not like me			Really like me		
1. I listen to music when I do my homework	0	1	2	3	4	5
2. I like it when we make things in class	0	1	2	3	4	5
3. To spell correctly I write it first	0	1	2	3	4	5
4. I remember how pages of my textbook look	0	1	2	3	4	5
5. I remember scenes from my favourite TV shows	0	1	2	3	4	5
6. Art is my favourite lesson	0	1	2	3	4	5
7. At break I like to run about a lot	0	1	2	3	4	5
8. I like the pictures in books the best	0	1	2	3	4	5
9. I can remember the words to songs	0	1	2	3	4	5
10. When I spell I see the word as I spell it	0	1	2	3	4	5
11. I know the theme tunes to my favourite TV shows	0	1	2	3	4	5
12. Singing is my favourite lesson	0	1	2	3	4	5
13. I'd rather play sport than watch it	0	1	2	3	4	5
14. PE is my favourite lesson	0	1	2	3	4	5
15. When I spell I say the word in my head	0	1	2	3	4	5

Visual **Score**

Question 4
Question 5
Question 6
Question 8
Question 10
Total

Auditory **Score**

Question 1
Question 9
Question 11
Question 12
Question 15
Total

Kinaesthetic **Score**

Question 2
Question 3
Question 7
Question 13
Question 14
Total

What do your results show?

In what way or ways do you like learning best?

- By seeing things?
(visual ways)
- By hearing things?
(auditory ways)
- By doing or feeling things? (kinaesthetic ways)

I like learning best by:

Social Self-Assessment

Indicate on the scale (1-good, 5-bad) where you see yourself at present.

	1	2	3	4	5
Attitude to work					
Confidence and self-esteem					
Homework					
Behaviour at school					
Working with others					
Relationship with adults					
Involvement in school activities					
Organisation					

Take action with areas that are 4-5.

Complete the action plan.

Action Plan

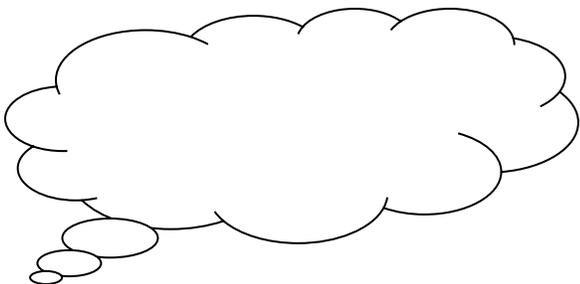
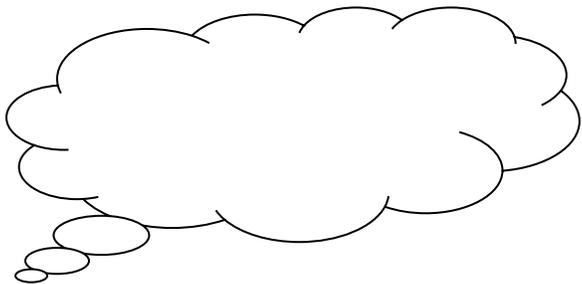
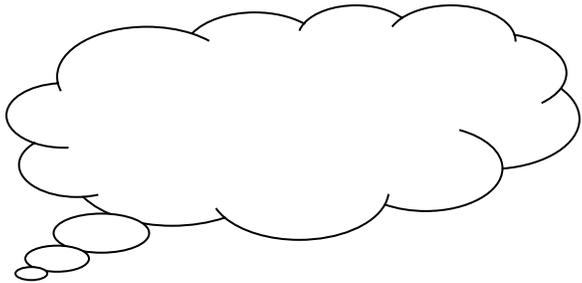
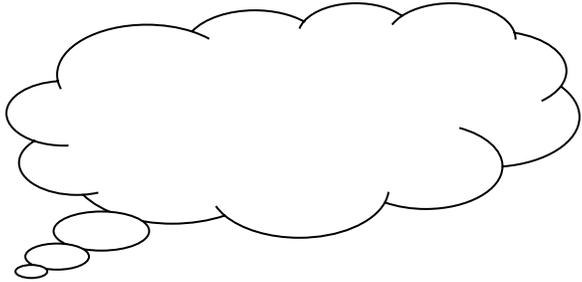
How will you make next year a **BIG** success?

My Personal Qualities

PERSONAL QUALITIES



POSITIVE IMPLICATIONS



Signed _____

Date _____