

AVK PATTERN: Auditory, Visual, Kinesthetic

	Type of Thinking	Stimulates Attention
A1	Focused Thinking	Auditory stimulus triggers attention
V2	Sorting Thinking	Visual stimulus triggers attention
K3	Open Thinking	Kinesthetic stimulus triggers attention

INTERESTING FACTS:

- Those who use the AVK pattern often like to talk and debate. Many of them become excellent journalists, teachers, or communicators.
- You need to talk in order to help your mind start focusing.
- Reading or drawing helps your thinking process sort and understand information.
- During movement or physical activity, your imagination is the most active and engaged.

You learn best by listening or discussing. Your sort attention is activated when you are either listening or watching something. Physical activity may be demanding for you, but it also activates your imagination.

Communication: You have a rich vocabulary and are an energetic speaker (you tend to use declarative rather than interrogative sentences). It's easier for those with the AVK pattern to write about something they have heard. They find creating diagrams or notes relatively simple. They may not enjoy physical activities in groups and prefer working in team projects instead.