

## VKA PATTERN: Visual, Kinesthetic, Auditory

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	Type of Thinking	Stimulates Attention
V1	Focused Thinking	Visual stimulus triggers attention
K2	Sorting Thinking	Kinesthetic stimulus triggers attention
A3	Open Thinking	Auditory stimulus triggers attention

### INTERESTING FACTS:

- If you use the VKA pattern, you probably enjoy cooperating with others and creating something beautiful and functional. Many people with this pattern become successful designers, writers, TV directors, or web and app developers.
- You need to see and write things down in order to focus your mind.
- Movement and practical experience help your mind organize and understand information.
- When you talk and listen, your imagination becomes most active and engaged.

**You learn best by watching, observing how something is done, and taking detailed notes.** Your sorting attention is activated by practical experience. Your imagination and open attention are stimulated by discussions with one person or in small groups.

**Communication:** You enjoy writing about how you feel rather than talking about it. You have no difficulty reading or writing detailed notes or emails. To feel comfortable while speaking, you need to move. You often have a natural talent for sports that require visual focus, such as tennis. In class, you may be reluctant to speak in front of others if you're not allowed to move or read from your notes.

**Obstacles:** You may find it challenging when someone only explains something without showing how it's done. It may also be hard for you to learn without practical experience. You might struggle to remember who said what, and you may feel uncomfortable speaking in front of others.