

## Sussex Cognitive Styles Questionnaire

Q1. I enjoy learning languages

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q2. I find it difficult to imagine how a three-dimensional geometric figure would exactly look like when rotated

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q3. When listening to music, I listen to the whole piece rather than the contribution of individual instruments

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q4. I am interested in knowing the path a river takes from its source to the sea

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q5. My mental images are more schematic than colourful and pictorial

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q6. When I'm planning to do a complex or difficult task, I visualise myself doing it first

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q7. When I read something, I always notice whether it is grammatically correct

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q8. I have only vague visual impressions of scenes I have experienced

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q9. In maths, I am intrigued by the rules and patterns governing numbers

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q10. When remembering a scene, I use verbal descriptions rather than mental pictures

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q11. When I think of historical events, the exact date is important to me

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q12. I enjoy pictures with bright colours and unusual shapes like the ones in modern art

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q13. When an election is being held, I am not interested in the results for each constituency

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q14. When I listen to a piece of music, I always notice the way it's structured

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q15. I can easily remember a great deal of visual details that someone else might never notice. For example, I would just automatically take some things in, like what colour is a shirt someone wears or what colour are his/her shoes

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q16. I tend to focus on details in a scene rather than the whole picture

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q17. I am good in playing spatial games involving constructing from blocks and paper (e.g. Lego, Tetris, Origami)

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q18. In school, I had no problems with geometry

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q19. When I picture the route somewhere, I visualise that route as if I were walking/driving/cycling it

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q20. Order is important to me

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q21. I like to group things together under a single label

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q22. I often enjoy the use of mental pictures to reminisce

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q23. When I hear a radio announcer or a DJ I've never actually seen, I usually find myself picturing what he or she might look like

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q24. When I am walking in the country, I am curious about how the various kinds of trees differ

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q25. I don't usually notice small changes in a situation or a person's appearance

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q26. If I were asked to choose among engineering professions, or visual arts, I would choose visual arts

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q27. When I think of a face, I imagine it as a whole rather than focus on individual features

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

Q28. I am fascinated by dates

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q29. When I look at an animal, I like to know the precise species it belongs to

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q30. Certain dates are significant to me without obvious reason (such as a holiday or friend's birthday)

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q31. I find it easy to grasp exactly how odds work in betting

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q32. When I hear a new word, I am curious to know how it is spelled

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q33. I am fascinated by numbers

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q34. I plan my diary using a mental image of time

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q35. I am not very meticulous when I carry out D.I.Y.

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q36. My mental images are very vivid and photographic

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q37. I am not very good at remembering phone numbers

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q38. I keep my book collection organised alphabetically

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q39. I have a photographic memory

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q40. I can easily sketch a blueprint for a building I am familiar with

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q41. I can easily imagine and mentally rotate three-dimensional geometric figures

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q42. My graphic abilities would make a career in architecture relatively easy for me

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

Q43. I can close my eyes and easily picture a scene that I have experienced

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q44. I prefer schematic diagrams and sketches when reading a textbook instead of colourful and pictorial illustrations

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q45. I find it easy to group things together under a single label

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q46. When thinking about an abstract concept (or building), I imagine an abstract schematic building in my mind or its blueprint rather than a specific concrete building

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q47. I like learning new words

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q48. I do not enjoy games that involve a high degree of strategy

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q49. When I look at a piece of furniture, I do not notice the details of how it was constructed

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q50. I tend to think of numbers as arranged in space

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q51. When I can't find something I'm looking for, I automatically visualise the last place I saw it

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q52. If I had a collection (e.g. CDs, coins, stamps), it would be highly organised

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q53. When I look at a tree I focus on its features such as branches and leaves rather than the whole

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q54. I remember everything visually. I can recount what people wore to a dinner and I can talk about the way they sat and the way they looked probably in more detail than I could discuss what they said

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q55. When I read the newspaper, I am drawn to tables of information, such as football league scores or stock market indices

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q56. My memories are mainly visual in nature

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree





Q57. I notice patterns in things all the time

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q58. I tend to omit small visual details in scenes I remember

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q59. I do not care to know the names of the plants I see

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q60. When reading fiction, I usually form a clear and detailed mental picture of a scene or room that has been described

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q61. If I were buying a stereo, I would want to know about its precise technical features

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q62. I often use mental images or pictures to help me remember things

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q63. When I look at a building, I am curious about the precise way it was constructed

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

Q64. Mental imagery helps me remember things

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q65. I tend to notice if a word has the same letter repeated in its spelling

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q66. I am fascinated by how machines work

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q67. I tend to notice details that others do not

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q68. If I were buying a camera, I would not look carefully into the quality of the lens

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q69. I have excellent abilities in technical graphics

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q70. When I buy a new appliance, I do not read the instruction manual very thoroughly

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q71. The spelling of words does not fascinate me

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q72. I usually concentrate on the whole picture, rather than the small details

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q73. When entering a familiar store to get a specific item, I can easily picture the exact location of the target item, the shelf it stands on, how it is arranged and the surrounding articles

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q74. Architecture interests me more than painting

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q75. When I picture the route somewhere, I visualise that route as if it were on a map

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q76. When I cook, I do not think about exactly how different methods and ingredients contribute to the final product

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

                      

Q77. I keep my workspace highly organised (e.g. all files/folders on the same subject are in the same colour)

Strongly Disagree      Disagree      Neither Agree nor Disagree      Agree      Strongly Agree

Q78. If I were buying a computer, I would want to know exact details about its hard drive capacity and processor speed

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q79. I get upset if my own methods of learning are impeded

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q80. When travelling by train, I often wonder exactly how the rail networks are coordinated

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q81. My mental images of different objects very much resemble the size, shape and colour of actual objects that I have seen

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q82. I find it difficult to understand instruction manuals for putting appliances together

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q83. I can easily visualise how the motorways in my region link up

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

Q84. When I think of activities I have done, I do not remember in mental pictures

Strongly Disagree  Disagree  Neither Agree nor Disagree  Agree  Strongly Agree

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