Understanding the Results

The results of your VARK indicate your preferences but are not necessarily your strengths. Some preferences may change as you mature. Work experiences and life experiences will blur differences between preferences as you learn to use aural, visual, read/write and kinesthetic modes equally well. Preferences may also be masked by experiences.

No one style is better than another. Although our academic institutions may rely strongly on reading and writing, you can be successful with almost any combination of learning preferences. Your VARK preferences can be used to help you develop additional, effective study skills. Please visit the VARK website at www.vark-learn.com and select "Help sheets" to see how you (with your preferences) should:

1. take in information;
2. study information for maximum learning;
3. study for performing well on an examination.

Brief Summary of the Preferences

Visual
You want the whole picture so you are probably holistic in your approach. You are often swayed by the look of an object. You are interested in color and layout and design. You are probably going to draw something. Strategies you may want to consider include making use of: flowcharts, graphs, pictures, highlighters, etc.

Aural
You prefer to have things explained to you. The written words are not as valuable as those you hear. Strategies you may want to consider include: attending all lectures, discussing topics with classmates, study groups, remembering the interesting stories and examples, using a tape recorder, etc.

Read/Write
You like the emphasis to be on words and lists. You believe the meanings are within the words, so any talk is OK but handouts are better. You are heading for the library. Strategies you may want to consider include making use of: lists, headings, handouts, reading the textbook, etc.

Kinesthetic
You want to experience the exam so that you can understand it. The ideas on this page are only valuable if they sound practical, real, and relevant to you. You need to do things to understand. Strategies you may want to consider include making use of: all of your senses, laboratories, field trips, exhibits, etc.

Multimodal
Multiple preferences are interesting and quite varied. For example you may have two strong preferences V and A or R and K, or you may have three strong preferences such as VAR or ARK. Some people have no

particularly strong preferences and their scores are almost the same for all four modes. So, multiple preferences give you several ways to process information. If you score equally on preferences please read the study strategies that apply to those choices. Multimodal learners have told us that it is necessary for them to use more than one strategy for learning and communicating. They feel insecure with only one. However, those with a single preference often "get it" by using the set of strategies that aligns with their single preference.

Learning Styles and Strategies

There are many different types of learning styles. People have the capacity to use most of these different styles; however, people usually tend to rely on or prefer certain styles. It is important to understand your own learning style and use it to your best advantage in the classroom.

VISUAL

Advantages
A visual learner enjoys images. You are good at visualizing events and imagining situations. You may also see the whole picture when discussing or working on a problem or task. You will prefer lecturers who use visuals, gestures, and picturesque language.

Disadvantages
You may need more time to complete tasks. You can be more interested in the appearance of something than its actual value - which may be a disadvantage in some situations. You may not spend enough time on, or give enough attention to specific details.

AURAL/AUDITORY

Advantages
An auditory learner likes listening. You will benefit from talks and lectures. Auditory learners are also able to absorb a lot of information from radio programs, audio books, music, etc. You may remember information by using a checklist.

Disadvantages
You may be unable to multitask, having to complete one job before embarking on another. There is also a possibility that you focus on small bits of information and do not obtain a holistic and broad picture of something you are working on.

READ/WRITE

Advantages
A read/write (R&W) learner learns by reading material and writing it down. R&W learners believe the meanings are within the words. Written words are preferred before lectures or talk. You will put a lot of emphasis on writing notes and making lists. You will prefer lecturers who use their words well and have lots of information in sentences and notes.

Disadvantages
You may need more time to study than others. Classes with little or no assigned reading and lots of visuals may be harder for you. You may not be able to focus on what the professor is saying in class while you are scurrying to take detailed notes.

KINESTHETIC

Advantages
The kinesthetic learner enjoys learning through doing. This active learning style is useful for assembling and making things. You may find it easy to demonstrate how to do something. You are likely to enjoy the actual experience of learning. You prefer classes with labs and lecturers who give real-life examples.

Disadvantages
You may miss some instructions or information if it is presented orally. You may find it difficult to concentrate on a lengthy written task while seated. You might find it hard to pay attention to detail, especially if it is in written form.

MULTIMODAL

Approximately 85% of any population fits this category, so you are most likely multimodal. Multimodal learners have multiple preferences for learning styles. People can prefer two, three, or even four different styles. If you are multimodal you may rely on one or more strategies from your different learning styles.

LEARNING STYLES AND CAREERS

Most jobs can be adapted to fit various learning styles. However, it is important to carefully consider your learning style before choosing a particular career or a major as you may feel it necessary to favor some occupations over others to ensure the best possible fit.

For additional information and specific strategies, visit the VARK website at www.vark-learn.com