Name_____

How Do I Learn Best? • VARK Learning Styles Questionnaire

VARK tells you something about yourself you may or may not know – your learning style preferences. Knowing about your learning preferences can help you think about how you may learn best and provide some different ways to approach how you take in new information. VARK stands for Visual, Aural, Read/write and Kinesthetic.

- Choose the answer which best explains your preference and circle the letter(s) next to it.
- Please circle more than one if a single answer does not match your perception.
- Leave blank any question that does not apply.

1. You are helping someone who wants to go to your courthouse, the center of town or bus station. You would:
   a. go with her.
   b. tell her the directions.
   c. write down the directions.
   d. draw, or show her a map, or give her a map.

2. A website has a video showing how to make a special graph. There is a person speaking, some lists and words describing what to do and some diagrams. You would learn most from:
   a. seeing the diagrams.
   b. listening.
   c. reading the words.
   d. watching the actions.

3. You are planning a vacation for a group. You want some feedback from them about the plan. You would:
   a. describe some of the highlights they will experience.
   b. use a map to show them the places.
   c. give them a copy of the printed itinerary.
   d. phone, text or e-mail them.

4. You are going to cook something as a special treat. You would:
   a. cook something you know without the need for instructions.
   b. ask friends for suggestions.
   c. look on the Internet or in some cookbooks for some ideas from the pictures.
   d. use a good recipe.

5. A group of tourists want to learn about the parks or horse farms in your area. You would:
   a. talk about, or arrange a talk for them about parks or horse farms.
   b. show them maps and Internet pictures.
   c. take them to a park or horse farm and walk with them.
   d. give them a book or pamphlets about the parks or horse farms.

6. You are about to purchase a new cell phone. Other than price, what would most influence your decision?
   a. Trying or testing it.
   b. Reading the details or checking its features online.
   c. It is a modern design and looks good.
   d. The salesperson telling me about its features.

7. Remember a time when you learned how to do something new. Avoid choosing a physical skill (like riding a bike). You learned best by:
   a. watching a demonstration.
   b. listening to somebody explaining it and asking questions.
   c. diagrams, maps and charts - visual clues.
   d. written instructions - e.g., a manual or book.

8. You have a problem with your heart. You would prefer that the doctor:
    a. gave you something to read to explain what was wrong.
    b. used a plastic model to show what was wrong.
    c. described what was wrong.
    d. showed you a diagram of what was wrong.

9. You want to learn a new program, skill or game on a computer. You would:
    a. read the written instructions that came with the program.
    b. talk with people who know about the program.
    c. use the controls or keyboard.
    d. follow the diagrams in the book that came with it.

10. I like websites that have:
    a. things I can click on, shift or try.
    b. interesting design and visual features.
    c. interesting written descriptions, lists and explanations.
    d. audio channels where I can hear music, radio programs and interviews.

11. Other than price, what would most influence your decision to buy a new non-fiction book?
    a. The way it looks is appealing.
    b. Quickly reading parts of it.
    c. A friend talks about it and recommends it.
    d. It has real-life stories, experiences and examples.

12. You are using a book, CD or website to learn how to take photos with your new digital camera. You would like to have:
    a. a chance to ask questions and talk about about the camera and its features.
    b. clear written instructions with lists and bullet points about what to do.
    c. diagrams showing the camera and what each part does.
    d. many examples of good and poor photos and how to improve them.

13. Do you prefer a teacher or presenter who uses:
    a. demonstrations, models or practical sessons.
    b. question and answer, talk, group discussion or guest speakers.
    c. handouts, books or readings.
    d. diagrams, charts or graphs.

14. You have finished a competition or test and would like some feedback. You would like to have feedback:
    a. using examples from what you have done.
    b. using a written description of your results.
    c. from somebody who talks it through with you.
    d. using graphs showing what you had achieved.

15. You are going to choose food at a restaurant. You would:
    a. choose something you have had there before.
    b. listen to the waiter or ask friends to recommend choices.
    c. choose from the descriptions in the menu.
    d. look at what others are eating or look at pictures of each dish.

16. You have to make an important speech at a special event. You would:
    a. make diagrams or get graphs to help explain things.
    b. write a few key words and practice saying your speech over and over.
    c. write out your speech and learn from reading it over several times.
    d. gather many examples and stories to make the talk real and practical.

The VARK Learning Styles Questionnaire Scoring Chart

Use the following scoring chart to find the VARK category that corresponds to each of your answers. Circle the letters that correspond to your answers.

FOR EXAMPLE, if you answered "b" and "c" for question 3, circle "V" and "R" in the question 3 row.

Question	**a** category	**b** category	**c** category	**d** category
3	K	(V)	(R)	A

Scoring Chart

Question	**a** category	**b** category	**c** category	**d** category
1	K	A	R	V
2	V	A	R	K
3	K	V	R	A
4	K	A	V	R
5	A	V	K	R
6	K	R	V	A
7	K	A	V	R
8	R	K	A	V
9	R	A	K	V
10	K	V	R	A
11	V	R	A	K
12	A	R	V	K
13	K	A	R	V
14	K	R	A	V
15	K	A	R	V
16	V	A	R	K

Calculating your scores

Count the number of each of the VARK letters you have circled to get your score for each VARK category.

Total number of **V**s circled = ☐

Total number of **A**s circled = ☐

Total number of **R**s circled = ☐

Total number of **K**s circled = ☐

Visual Strategies

INTAKE • To take in the information:

- pictures, videos, posters, slides
- flowcharts
- underlining, different colors, highlighters
- books with diagrams and pictures
- graphs
- symbols (@) and white space

SWOT • To study without tears:

- Convert your notes into a learnable package by reducing them (3:1)
- Use all of the techniques in "Intake"
- Redraw your pages from memory
- Replace words with symbols and initials
- Look at your pages

OUTPUT • To do well on tests/assignments:

- Draw things, use diagrams
- Write exam answers
- Recall the pictures made by your pages
- Practice turning your visuals back into words

Aural Strategies

INTAKE • To take in the information:

- attend classes
- discuss topics with others - including teachers
- explain new ideas to other people
- use a recorder (like on your phone)
- remember the interesting examples, jokes, etc.
- leave spaces in notes for later recall and 'filling'

SWOT • To study without tears:

- Convert your notes into a learnable package by reducing them (3:1)
- Record your written notes and listen to them.
- Ask others to 'hear' your understanding of a topic.
- Read your summarized notes aloud.
- Explain your notes to another 'aural' person

OUTPUT • To do well on tests/assignments:

- Imagine talking with person giving test
- Spend time in quiet places recalling ideas
- 'Speak' answers inside your head
- Practice writing answers to old exam questions

MULTIMODAL STRATEGIES
Combination of VARK strategies

Read/Write Strategies

INTAKE • To take in the information:

- lists
- headings
- dictionaries, glossaries, definitions
- handouts
- textbooks
- notes

SWOT • To study without tears:

- Convert your notes into a learnable package by reducing them (3:1)
- Write out the words again and again
- Rewrite ideas/principles into other words
- Read your notes (silently) again and again
- Organize diagrams, graphs, etc., into words

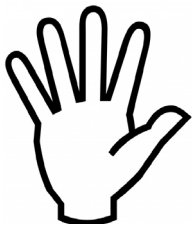
OUTPUT • To do well on tests/assignments:

- Write exam answers
- Practice with multiple choice questions
- Write paragraphs, beginnings and endings
- Write your lists (a, b, c, d, 1, 2, 3, 4)
- Arrange your words into hierarchies and points

Kinesthetic Strategies

INTAKE • To take in the information:

- all your senses (sight, touch, taste, smell, sound)
- hands-on approaches (computing)
- trial and error
- exhibits, samples, photographs, etc.
- field trips, laboratories
- solutions to problems, previous exam papers



SWOT • To study without tears:

- Convert your notes into a learnable package by reducing them (3:1)
- Put plenty of examples in your notes
- Talk about your notes with another "K" person
- Use pictures and photos that illustrate an idea
- Recall any experiments, field trips, etc.

OUTPUT • To do well on tests/assignments:

- Write practice answers, paragraphs, etc.
- Role play the exam situation in your own room