

VARK Learning Styles

Strengths and Study Strategies

Learning Style	Strengths	Study Strategies
<p>Visual <i>(Likes diagrams, pictures, slides, colors, symbols, highlighting)</i></p>	<ul style="list-style-type: none"> • Wants the teacher to provide demonstrations • Finds it easy to learn through descriptions • Uses lists to keep up and organize thoughts • Recognizes words by sight • Remembers faces but forget names • Has well developed imaginations • Easily distracted by movement or action in the classroom • Tends to be unaware of noise 	<ul style="list-style-type: none"> • Learns best with diagrams, illustrated textbooks, videos, and handouts • Take detailed notes is helpful in retaining info • Sit up front to avoid distracting visuals • Outlines • Flashcards • Highlight, circle, or underline important information
<p>Aural/Auditory <i>(Likes to discuss, explain ideas out loud, tape record, remember stories/examples, study aloud with a partner)</i></p>	<ul style="list-style-type: none"> • Wants the teacher to provide verbal instructions • Finds it easy to learn by listening • Enjoys dialogues, discussions, and plays • Remembers names but forget faces • Does well working out solutions or problems by talking them out • Easily distracted by noise and often need to work where it is relatively quiet • Does best using recorded books 	<ul style="list-style-type: none"> • Learns best with verbal lectures, discussions, talking things through, and listening to others • Needs to hear the tone, pitch, and speed of a person's voice • Attend and listen in class (sit up front) • Repeat things out loud while studying • Use study groups to discuss material
<p>Read/Write <i>(Likes lists, handouts, note taking, manuals and workbooks)</i></p>	<ul style="list-style-type: none"> • Does best when information is displayed as words, input and output • Does best when they take notes either during a lecture or when reading for something new or difficult • Likes to draw or doodle to remember • Often addicted to PowerPoint, the Internet, lists, diaries, dictionaries, thesauri, quotations and words 	<ul style="list-style-type: none"> • Needs to see information displayed in words • The more words the better • Learn best with definitions, handouts, and verbatim note taking • Rewrite information and notes • Read your notes silently to yourself • Write down trends for graphs and charts
<p>Kinesthetic <i>(Likes field trips, labs, real-life examples, trial and error, problem - solving)</i></p>	<ul style="list-style-type: none"> • Does best when they are involved or active • Has high energy levels • Thinks and learns best while moving • Loses much of what is said during lecture • Has problems concentrating when asked to sit and read • Prefers to do rather than watch or listen 	<ul style="list-style-type: none"> • Need to do, move, or touch • Learn best with hands-on approach • Can use alternative ways to learn information, such as build models, go on fieldtrips, and use flashcards • Multiple short study sessions • Group study sessions • Use mobile study materials such as flashcards

Choose the answer which best explains your preference and circle the letter next to it. Please circle more than one if a single answer does not match your perception.

1. You are helping someone who wants to go to your airport, the center of town, or railway station. You would:

- a. go with her.
- b. tell her the directions.
- c. write down the directions.
- d. draw, or give her a map.

2. You are not sure whether a word should be spelled "dependent" or "dependant". You would:

- a. see the words in your mind and choose by the way they look.
- b. think about how each word sounds and choose one.
- c. find it online or in a dictionary.
- d. write both words on paper and choose one.

3. You are about to purchase a digital camera or mobile phone. Other than price, what would most influence your decision?

- a. Trying or testing it.
- b. Reading the details about its features.
- c. It has a modern design and looks good.
- d. The salesperson tells you about its features.

4. Remember a time when you learned how to do something new. Try to avoid choosing a physical skill, eg. riding a bike. You learned best by:

- a. watching a demonstration.
- b. listening to somebody explaining it and asking questions.
- c. diagrams and charts - visual clues.
- d. written instructions – e.g. a manual or textbook.

5. 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..

6. You like websites that have:

- a. things you can click on or try.
- b. interesting design and visual features.
- c. interesting written descriptions, lists, and explanations.
- d. audio channels where you can hear music, radio programs, or interviews.

7. You prefer a teacher or a presenter who uses:

- a. demonstrations, models, or practical sessions.
- b. question and answer, talk, group discussion, or guest speakers.
- c. handouts, books, or readings.
- d. diagrams, charts, or graphs.

8. You are going to choose food at a restaurant or cafe. You would:

- a. choose something that 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.

Scoring Chart

Question	a	b	c	d
1.	K	A	R	V
2.	V	A	R	K
3.	K	R	V	A
4.	K	A	V	R
5.	R	A	K	V
6.	K	V	R	A
7.	K	A	R	V
8.	K	A	R	V

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 =