

# VARK Learning Styles

## Strengths and Study Strategies

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

**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 =