

VARK – What Type Of Learner Am I?

How do I learn best?

In life we have to be able to use a range of learning methods, however, there are many occasions we can adopt a learning method that we prefer best.

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

1. I like websites that have:

- a) Things I can click on and do
- b) Audio channels for music, chat and discussion
- c) Interesting information and articles in print
- d) Interesting design and visual effects

2. If I am not sure how a word should be spelt I would:

- a) See the word in my mind and know by how it looks whether it was right or wrong
- b) Spell the word out aloud to see if it sounds right
- c) Find the word in a dictionary
- d) Write different versions of the word on paper and choose one

3. If I prepared for a new project I would:

- a) Let it develop as I went along
- b) Imagine what the project would look like as stages were completed
- c) Make lists of what to do and what to buy for the project
- d) Talk through the project on the phone or text others

4. If I want to cook something special for my family I would:

- a) Make something I have made before
- b) Talk it over with friends
- c) Look for ideas and plans in books, magazines or internet
- d) Find written instructions how to make it

5. If I was giving a presentation on a leisure activity such as horse riding or tennis I would:

- a) Orally describe the different activities
- b) Use diagrams and photos to illustrate the different activities
- c) Physically demonstrate some of the activities and experiences that could be undertaken
- d) Show lists and notes of activities

6. If I was considering buying a new digital camera or mobile phone in addition to price I would be influenced by:

- a) Trying it out
- b) Reading details about its features
- c) It had the latest design and looked good
- d) What the salesperson told me about it

7. I like to learn to play new computer or board games by:

- a) Watching others do it first
- b) Listening to somebody explaining it and asking questions
- c) Looking at clues and diagrams in the instructions
- d) Reading the instructions

8. I like to learn about a play by:

- a) Writing about the play
- b) Acting out scenes from the play
- c) Drawing or sketching what happens in the play
- d) Reading speeches from the play

9. If I have to set up a new laptop/tablet or phone I would

- a) Read the instructions that came with it
- b) Phone, text or email a friend and ask how to do it
- c) Unpack the box and just start putting the pieces together
- d) Follow the diagrams that show how it is done

10. If I have to give a friend directions to a nearby place I would:

- a) Walk with the friend
- b) Draw a map on paper or get a map online
- c) Write down the directions as a list
- d) Tell them the directions

11. If I was at the doctors with a knee problem I would prefer the doctor to:

- a) Show me a diagram of what was wrong and what to do
- b) Give me a brochure that explained knee injuries and how to treat them
- c) Describe and explain to me what was wrong and what to do
- d) Demonstrate what was wrong and what to do using a model of a knee

12. I would be influenced/not influenced to see a new film by:

- a) Hearing friends talking about it
- b) Reading what others say about it online or in a magazine
- c) Seeing a preview of it
- d) Knowing it was similar to others I have liked/disliked

13. I prefer lessons where the teacher:

- a) Uses demonstrations, models or practical sessions
- b) Uses class discussions, online discussion, online chat and guest speakers
- c) Uses a textbook and plenty of handouts
- d) Uses an overview diagram, charts, labelled diagrams and maps

14. If I am learning to take photos with a new digital camera or mobile phone I like to have:

- a) Examples of good and poor photos and how to improve them
- b) Clear written instructions with lists and bullet points
- c) A chance to ask questions and talk about the camera's features
- d) Diagrams showing the camera and how to use it

15. I would like to have feedback about an event, competition or test:

- a) Through examples of what I have done
- b) Through discussion with someone
- c) Through written description or table of my results
- d) Through graphs showing what and how I have achieved

16. If I have to present my ideas in a lesson I like to:

- a) Draw diagrams and graphs to help explain my ideas
- b) Write a few key words and practice what to say again and again
- c) Write out my speech and learn it by reading it again and again
- d) Collate examples and stories to make it real and practical

Now use The VARK Scoring Chart on the next page to work out what type of learner you are.

V = Visual learner

A = Auditory learner (listening)

R = Reader learner

K = kinesthetic learner (physically moving)

The VARK Scoring Chart

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

If for example you answered b and c for question 3, highlight 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 highlighted to get your score for each VARK category

YP

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Total number of Vs highlighted = _____

Total number of As highlighted = _____

Total number of Rs highlighted = _____

Total number of Ks highlighted = _____

Now research and discuss how you can adapt different areas of your learning to your preferred styles