

Name: _____

Due Date: _____

Learning Preferences: VARK

Step 1: Go to the VARK learning styles webpage and complete the questionnaire.

< <http://www.vark-learn.com/english/page.asp?p=questionnaire> >

Simply select the appropriate answer option (A, B, C or D) for each of the 13 questions. It is OK to omit a question (by not answering it) or select more than one option for any question if appropriate. Once you have completed the questionnaire click the OK button to get your results. Write down your results in the space provided.

Visual

Aural

Read/Write .

Kinesthetic .

Note: These results indicate your learning preferences and do not necessarily reflect your strengths (i.e. a low read/write score does not mean you are a poor reader – only that you do not prefer reading as a mode of learning).
No one learning profile is superior to any other, it is simply an indicator of the learning modes that are preferred and thus may be more effective for a particular individual.

Do you have a multimodal learning preference or single preference?

Step 2: Go to the VARK learning styles “helpsheets” page and click on the study strategies link (i.e. Visual) that corresponds to your learning style preference or preferences.

< <http://www.vark-learn.com/english/page.asp?p=helpsheets> >

Review the different study strategies presented for your learning preference (you may need to scroll down to get all the information). Note: if you are a K type learner, you may need to click on the words “Print version of the Kinesthetic page”.

In the space below write down at least two of the study strategies for your learning style that you think would be beneficial to you.