Name: ________________________________

Due Date: ____________________________

Learning Preferences: VARK

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

<http://vark-learn.com/the-vark-questionnaire/>

Think about each question and select the answer(s) that most accurately represent your preferences. 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 numerical results in the space provided below.

<table>
<thead>
<tr>
<th>Visual</th>
<th>Aural</th>
<th>Read/Write</th>
<th>Kinesthetic</th>
</tr>
</thead>
</table>

**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.

**Step 2:** **Important!** It is not necessary to pay for a personalized learning profile. Instead, review the study strategies presented for your learning preference by following the links below (you may want to look at several of the learning strategies if you have more than one identified learning preference).

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

**Visual Learners:**
http://www.how-to-study.com/study-skills-articles/visual-learner.asp

**Auditory Learners:**
http://www.how-to-study.com/study-skills-articles/auditory-learner.asp

**Read/Write Learners:**
http://www.how-to-study.com/study-skills-articles/a-strategy-for-reading-textbooks.asp

**Kinesthetic /Tactile Learners:**
http://www.how-to-study.com/study-skills-articles/tactile-kinesthetic-learner.asp

**NOTES (your study strategies):**