

# HOW DO I LEARN BEST?

## VERSION FOR ATHLETES

*This questionnaire is designed to find out about your preferences for the way you work with information. You will have a preferred learning style, and one part of that learning style is your preference for the intake and the output of ideas and information.*

***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. Leave blank any question which does not apply.***

You are about to give directions to an athlete who is standing with you. The athlete is new to town and needs to get to a sports venue. He/she has a bike. I would:

- a) draw or provide a map.
- b) tell him/her the directions.
- c) write down the directions (without a map).
- d) bike with them to the complex.

You are not sure whether a word should be spelled 'xyphoid' or 'xiphoid'. I would:

- c) look it up in the dictionary.
- a) see the word in my mind and choose by the way it looks.
- b) sound it out in my mind.
- c) write both versions down on paper and choose one.

You have just received a copy of your itinerary for a team trip. This is of interest to a friend. I would:

- b) phone him/her immediately and tell him/her about it.
- c) send the itinerary as an email attachment.
- a) show him/her on a map each place we will be visiting.
- d) share what the team plans to do at each place we visit.

You are going to make a fruit smoothie for a pre-practice snack. I would:

- d) mix something familiar without the need for instructions.
- a) thumb through a cookbook looking for ideas from the pictures.
- c) read the descriptions to find a good recipe.

A group of international athletes will be arriving to the campus or sports complex. To familiarize them with the venue I would:

- d) walk them around campus/complex when they arrive.
- a) give them a map of the campus/complex highlighting key places and resources.
- c) give them pamphlets or the campus/complex brochure detailing available resources.
- b) talk with them about available resources.

You have been asked to assist in selecting team gear for a team. What would most influence your decision to select it?

- b) My teammates told me I should select it.
- c) I read the product catalogue that described its features.
- d) I tried the piece out and it met my needs.
- a) The equipment looked good and was well designed.





# The VARK\*

The VARK instrument measures how you prefer to learn. Each of the letters corresponds to a particular preference as follows:

**Visual (V)** – Visual learners may prefer to learn through depictions of information in charts, graphs, flow charts, and all the symbolic arrows, circles, hierarchies, and other devices that instructors use to represent what could have been presented in words.

**Aural/ Auditory (A)** – Auditory learners may prefer to learn through information that is “heard.” Students with this preference report they learn best from lectures, tutorials, and talking to other students.

**Read/Write (R)** – Reading/writing learners may prefer to learn through information displayed as words. Not surprisingly, many academics have a strong preference for this modality.

**Kinesthetic (K)** – Kinesthetic learners may prefer to through experience and practice (simulated or real). Although such experience may invoke other learning style preferences, the key is that the student is connected to reality, either through experience, example, practice, or simulation.