

HOW DO I LEARN BEST?

This questionnaire is available online at:
<http://vark-learn.com/english/page.asp?p=questionnaire>

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.

1. You are about to give directions to a person who is standing with you. She is staying in a hotel in town and wants to visit your house later. She has a rental car. Would you
 - a) draw a map on paper
 - b) tell her the directions
 - c) write down the directions (without a map)
 - d) collect her from the hotel in your car

2. You are not sure whether a word should be spelled "dependent" or "dependant." Do you
 - c) look it up in the dictionary
 - a) see the word in your mind and choose by the way it looks
 - b) sound it out in your mind
 - c) write both versions down on paper and choose one

3. You have just received a copy of your itinerary for a world trip. This is of interest to a friend. Would you
 - b) phone her immediately and tell her about it
 - c) send her a copy of the printed itinerary
 - a) show her on a map of the world
 - d) share what you plan to do at each place you visit

4. You are going to cook something as a special treat for your family. Do you
 - d) cook something familiar without the need for instructions
 - a) thumb through the cookbook looking for ideas from the pictures
 - c) refer to a specific cookbook where there is a good recipe

5. A group of tourists has been assigned to you to find out about wildlife reserves or parks. Would you
 - d) drive them to a wildlife reserve or park
 - a) show them slides and photographs
 - c) give them pamphlets or a book on wildlife reserves or parks
 - b) give them a talk on wildlife reserves or parks

6. You are about to purchase a new stereo. Other than price, what would most influence your decision?
- b) the salesperson telling you what you want to know
 - c) reading the details about it
 - d) playing with the controls and listening to it
7. Recall a time when you learned how to do something like playing a new board game. Try to avoid choosing a very physical skill, e.g., riding a bike. How did you learn best?
- a) visual – clues – pictures, diagrams, charts
 - c) written instructions
 - b) listening to somebody explaining it
 - d) doing it or trying it
8. You have an eye problem. Would you prefer that the doctor
- b) tell you what is wrong
 - a) show you a diagram of what is wrong
 - d) use a model to show what is wrong
9. You are about to learn to use a new program on a computer. Would you
- d) sit down at the keyboard and experiment with the program's features
 - c) read the manual which comes with the program
 - b) telephone a friend and ask questions about it
10. You are staying in a hotel and have a rental car. You would like to visit friends whose address/location you do not know. Would you like them to
- a) draw a map on paper
 - b) tell her the directions
 - c) write down the directions (without a map)
 - d) collect her from the hotel in your car
11. Apart from price, what would most influence your decision to buy a particular textbook?
- d) you have used a copy before
 - b) a friend talking about it
 - c) quickly reading parts of it
 - a) the way it looks is appealing
12. A new movie has arrived in town. What would most influence your decision to go or not?
- b) you heard a radio review about it
 - c) you read a review about it
 - a) you saw a preview of it
13. Do you prefer a lecturer or teacher who likes to use
- c) a textbook, handouts, readings
 - a) flow diagrams, charts, slides
 - d) field trips, labs, practical sessions
 - b) discussion, guest speakers

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.

See “Multisensory Learning Strategies” handout for more details.