



visual aural read/write kinesthetic

## The VARK Questionnaire – English Version (version 3)

### How Do I Learn Best?

This questionnaire aims to find out something 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 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, but try to give an answer for at least 10 of the 13 questions

When you have completed the questionnaire, use the marking guide to find your score for each of the categories, Visual, Aural, Read/Write and Kinesthetic. Then, to calculate your preference, use the Scoring sheet (available in the “advice to teachers” section of the VARK web site).

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. I would:
  - 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 my car
  
2. You are not sure whether a word should be spelled 'dependent' or 'dependant'. I would:
  - a. look it up in the dictionary.
  - b. see the word in my mind and choose by the way it looks
  - c. sound it out in my mind.
  - d. 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. I would:
  - a. phone her immediately and tell her about it.
  - b. send her a copy of the printed itinerary.
  - c. show her on a map of the world.
  - d. share what I plan to do at each place I visit.
  
4. You are going to cook something as a special treat for your family. I would:
  - a. cook something familiar without the need for instructions.
  - b. 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. I would:
  - a. drive them to a wildlife reserve or park.
  - b. show them slides and photographs
  - c. give them pamphlets or a book on wildlife reserves or parks.
  - d. 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?
  - a. the salesperson telling you what you want to know.
  - b. reading the details about it.
  - c. playing with the controls and listening to it.
  - d. it looks really smart and fashionable.
  
7. Recall a time in your life 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. I learnt best by:
  - a. visual clues -- pictures, diagrams, charts
  - b. written instructions.
  - c. listening to somebody explaining it.
  - d. doing it or trying it.
  
8. You have an eye problem. I would prefer the doctor to:
  - a. tell me what is wrong.
  - b. show me a diagram of what is wrong.
  - c. use a model to show me what is wrong.
  
9. You are about to learn to use a new program on a computer. I would:
  - a. sit down at the keyboard and begin to experiment with the program's features.
  - b. read the manual which comes with the program.
  - c. 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. I would like them to:
  - a. draw me a map on paper.
  - b. tell me the directions.
  - c. write down the directions (without a map).
  - d. collect me from the hotel in their car.
  
11. Apart from the price, what would most influence your decision to buy a particular textbook?:
  - a. I have used a copy before.
  - b. a friend talking about it.
  - c. quickly reading parts of it.
  - d. the way it looks is appealing.
  
12. A new movie has arrived in town. What would most influence your decision to go (or not go)?
  - a. I heard a radio review about it
  - b. I read a review about it.
  - c. I saw a preview of it.
  
13. Do you prefer a lecturer or teacher who likes to use?:
  - a. a textbook, handouts, readings
  - b. flow diagrams, charts, graphs.
  - c. field trips, labs, practical sessions.
  - d. discussion, guest speakers.

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## The VARK Questionnaire – English Version Scoring Chart

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

e.g. If you answered b and c for question 3, circle R and V in the question 3 row.

Question	a category	b category	c category	d category
3	A	R	V	K

### Scoring Chart

Question	a category	b category	c category	d category
1	V	A	R	K
2	R	V	A	K
3	A	R	V	K
4	K	V	R	
5	K	V	R	A
6	A	R	K	V
7	V	R	A	K
8	A	V	K	
9	K	R	A	
10	V	A	R	K
11	K	A	R	V
12	A	R	V	
13	R	V	K	A

### Calculating your scores

Count the number of each of the VARK letters you have circled to get your score for each VARK category.

Total number of <b>V</b> s circled =	<input type="text"/>
Total number of <b>A</b> s circled =	<input type="text"/>
Total number of <b>R</b> s circled =	<input type="text"/>
Total number of <b>K</b> s circled =	<input type="text"/>

### Calculating your preferences

Use the "Scoring Instructions" sheet (available in the "advice to teachers" section of the VARK web site) to work out your VARK learning preferences.

# VARK

a guide to learning styles

English



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## The VARK Categories

The acronym VARK stands for Visual, Aural, Read/write, and Kinesthetic sensory modalities that are used for learning information. Fleming and Mills (1992) suggested four categories that seemed to reflect the experiences of their students. Although there is some overlap between categories, for purposes of our discussion, they are defined as follows. [For a detailed description of the initial construction and limitations of VARK, and for other works on learning styles, see the bibliography.]

### Visual (V):

This preference includes the depiction 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):

This perceptual mode describes a preference for information that is "heard." Students with this modality report that they learn best from lectures, tutorials, tapes, group discussion, speaking, web chat, talking things through.

### Read/write (R):

This preference is for information displayed as words. Not surprisingly, many academics have a strong preference for this modality. This preference emphasises text-based input and output - reading and writing in all its forms.

### Kinesthetic (K):

By definition, this modality refers to the "perceptual preference related to the use of experience and practice (simulated or real)." Although such an experience may invoke other modalities, the key is that the student is connected to reality, "either through experience, example, practice or simulation" [See Fleming & Mills, 1992, pp. 140-141].

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<http://www.vark-learn.com>