

The VARK Questionnaire **How Do I Learn Best?**

Choose the answer which best explains your preference and circle the letter(s) next to it.
Please tick more than one if a single answer does not match your perception.

You have a problem with your knee. You would prefer that the doctor:

- described what was wrong.
- showed you a diagram of what was wrong.
- gave you a web address or something to read about it.
- used a plastic model of a knee to show what was wrong.

You are about to purchase a digital camera or mobile phone. Other than price, what would most influence your decision?

- The salesperson telling me about its features.
- Reading the details about its features.
- Trying or testing it
- It is a modern design and looks good.

You have to make an important speech at a conference or special occasion. You would:

- gather many examples and stories to make the talk real and practical.
- write a few key words and practice saying your speech over and over.
- write out your speech and learn from reading it over several times.
- make diagrams or get graphs to help explain things.

You are going to choose food at a restaurant or cafe. You would:

- choose something that you have had there before.
- choose from the descriptions in the menu.
- look at what others are eating or look at pictures of each dish.
- listen to the waiter or ask friends to recommend choices.

Other than price, what would most influence your decision to buy a new non-fiction book?

- It has real-life stories, experiences and examples.
- Quickly reading parts of it.
- The way it looks is appealing.
- A friend talks about it and recommends it.

Remember a time when you learned how to do something new. Try to avoid choosing a physical skill, eg. riding a bike. You learned best by:

- listening to somebody explaining it and asking questions.
- watching a demonstration.
- diagrams and charts - visual clues.
- written instructions – e.g. a manual or textbook.

I like websites that have:

- things I can click on, shift or try.
- audio channels where I can hear music, radio programs or interviews.
- interesting design and visual features.
- interesting written descriptions, lists and explanations.

You are not sure whether a word should be spelled `dependent' or `dependant'. You would:

- find it in a dictionary.
- think about how each word sounds and choose one.
- write both words on paper and choose one.
- see the words in your mind and choose by the way they look.

You want to learn a new program, skill or game on a computer. You would:

- read the written instructions that came with the program.
- talk with people who know about the program.
- follow the diagrams in the book that came with it.
- use the controls or keyboard.

You have finished a competition or test and would like some feedback. You would like to have feedback:

- from somebody who talks it through with you.
- using graphs showing what you had achieved.
- using examples from what you have done.
- using a written description of your results.

A group of tourists want to learn about the parks or wildlife reserves in your area. You would:

- show them internet pictures, photographs or picture books.
- talk about, or arrange a talk for them about parks or wildlife reserves.
- take them to a park or wildlife reserve and walk with them.
- give them a book or pamphlets about the parks or wildlife reserves.

Do you prefer a teacher or a presenter who uses:

- handouts, books, or readings.
- demonstrations, models or practical sessions.
- question and answer, talk, group discussion, or guest speakers.
- diagrams, charts or graphs.

You are helping someone who wants to go to your airport, town centre or railway station. You would:

- go with her.
- write down the directions.
- tell her the directions.
- draw, or give her a map.

You are going to cook something as a special treat for your friends. You would:

- ask people for suggestions.
- cook something you know without the need for instructions.
- use a cookbook where you know there is a good recipe.
- look through the cookbook for ideas from the pictures.

You are planning a holiday for a group. You want some feedback from them about the plan. You would:

- describe some of the highlights.
- phone, text or email them.
- give them a copy of the printed itinerary.
- use a map or website to show them the places.

You are using a book, CD or website to learn how to take photos with your new digital camera. You would like to have:

- clear written instructions with lists and bullet points about what to do.
- diagrams showing the camera and what each part does.
- many examples of good and poor photos and how to improve them.
- a chance to ask questions and talk about the camera and its features.