

The VARK Questionnaire (Version 7.8)

How Do I Learn Best?

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

Leave blank any question that does not apply.

1. You are helping someone who wants to go to your airport, the center of town or railway station. You would:
 - V. draw, or show her a map, or give her a map.
 - A. tell her the directions.
 - R. write down the directions.
 - K. go with her.

2. A website has a video showing how to make a special graph. There is a person speaking, some lists and words describing what to do and some diagrams. You would learn most from:
 - V. seeing the diagrams.
 - A. listening.
 - R. reading the words.
 - K. watching the actions.

3. You are planning a vacation or long holiday for a group. You want some feedback from them about the plan. You would:
 - V. use a map to show them the places.
 - A. phone, text or email them.
 - R. give them a copy of the printed itinerary.
 - K. describe some of the highlights they will experience.

4. You are going to cook something as a special treat. You would:
 - V. look on the Internet or in some cookbooks for ideas from the pictures.
 - A. ask friends for suggestions.
 - R. use a recipe.
 - K. cook something you know without the need for instructions.

5. Some visitors want to learn about the parks or wildlife reserves in your area. You would:
 - V. show them maps and internet pictures.
 - A. talk about, or arrange a talk for them about parks or wildlife reserves.
 - R. give them a book or pamphlets about the parks or wildlife reserves.
 - K take them to a park or wildlife reserve and walk with them.

6. You are about to buy a mobile phone. Other than price, what would most influence your decision?
 - V. It is a modern design and looks good.
 - A. The salesperson telling me about its features.
 - R. Reading the details or about its features.
 - K. Trying or testing it.

7. Remember a time when you learned how to do something new. Avoid choosing a physical skill, e.g. riding a bike. You learned best by:
 - V. diagrams, maps, and charts - visual clues.
 - A. listening to somebody explaining it and asking questions.
 - R. written instructions – e.g. a manual or book.
 - K. watching a demonstration or an example.

8. You have a problem with your heart. You would prefer that the doctor:
 - V. showed you a diagram of what was wrong.
 - A. described what was wrong.
 - R. gave you a something to read to explain what was wrong.
 - K. used a plastic model to show what was wrong.

9. You want to learn a new program, skill or game on a computer. You would:
- V. follow the diagrams in the book that came with it.
 - A. talk with people who know about the program.
 - R. read the written instructions that came with the program.
 - K. watch a demonstration or use the keyboard or joystick to try it.
10. You like websites that have:
- V. interesting design and visual features.
 - A. audio channels where I can hear music, radio programs or interviews.
 - R. interesting written descriptions, lists and explanations.
 - K. things you can click on, watch, move or try.
11. Other than price, what would most influence your decision to buy a new non-fiction book?
- V. Flick through the pages.
 - A. A friend talks about it and recommends it.
 - R. Reading some of it.
 - K. It has real-life stories, experiences and examples.
12. You are using a book, instructions or a website to learn how to use a new device or appliance. You would like to:
- V. have diagrams showing how to use it.
 - A. have a chance to ask questions and talk about how to use it.
 - R. have clear, written instructions with lists and bullet points about how to use it.
 - K. try the different settings and features.
13. Do you prefer teachers, presenters or coaches who use:
- V. diagrams, charts or graphs.
 - A. group discussion, question and answer and talk.
 - R. handouts, books, or readings.
 - K. demonstrations, models or practical sessions.
14. You have finished a performance, game, competition or test and would like some feedback. You would like to have feedback:
- V. using graphs, diagrams and illustrations of your results.
 - A. from somebody who talks about your results.
 - R. using a written description of your results.
 - K. using examples from what you have done.
15. You are going to choose food at a restaurant or cafe. You would:
- V. look at what others are eating or look at pictures of each dish.
 - A. listen to the waiter or ask others to recommend choices.
 - R. choose from the descriptions in the menu.
 - K. choose something that you have had there before.
16. You have to make an important speech at a conference or special occasion. You would:
- V. use diagrams, charts and illustrations to explain different points.
 - A. write a few key words and practice saying your speech over and over.
 - R. write out your speech and learn from reading it over several times.
 - K. use examples, photos and stories to make the talk real and practical.

Totals: please add up the number of answers with V, then A, then R and finally K.

	V= Visual	A= Aural	R = Read/write	K= Kinesthetic
Totals				
Name:				