

## The VARK Learning Styles Questionnaire for Adults

Visual, Aural, Reading/Writing, Kinesthetic

This questionnaire aims to find out **your preferences for the way you work with information**. Choose the answers that best explain your preference and circle the letter next to it. Please circle more than one if a single answer does not match your perception.

When you have completed this questionnaire, use the marking guide to find your score for each of the categories: Visual, Aural, Reading/Writing, and Kinesthetic. This will help you determine which learning style(s) you identify with the most. Most people are a combination of styles.

1. You are about to give directions to a person who is standing with you. She is staying at 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 your mind and choose by the way it looks
  - c. Sound it out in your mind
  - d. Write both versions down on paper and then 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 learned best by:
- Visual clues – pictures, diagrams, charts
  - Written instructions
  - Listening to somebody explaining it
  - Doing it or trying it
8. You have an eye problem. I would prefer the doctor to:
- Tell me what is wrong
  - Show me a diagram of what is wrong
  - 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:
- Sit down at the keyboard and begin to experiment with the program's features
  - Read the manual which comes with the program
  - 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:
- Draw me a map on paper
  - Tell me the directions
  - Write down the directions (without a map)
  - Collect me from the hotel in their car
11. Apart from price, what would most influence your decision to buy a particular textbook?
- I have used a copy before
  - A friend talking about it
  - Quickly reading parts of it
  - The way it looks is appealing
12. A new movie has come out at the theater. What would most influence your decision to go (or not go)?:
- I heard a radio review about it
  - I read a review about it
  - I saw a preview of it
13. Do you prefer a lecturer or teacher who likes to use?:
- A textbook, handouts, and readings
  - Flow diagrams, charts, and graphs
  - Field trips, labs, and practical sessions
  - Discussions and guest speakers

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

Example: if you answered b and c for question 3, circle R and V like this:

Question	a	b	c	d
3	A	R	V	K

Question	a	b	c	d
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

Now add up your V's, A's, R's, and K's

Vs (Visual)	A's (Aural)	R's (Reading/Writing)	K's (Kinesthetic)