

How Do I Take in Information?

The VARK Questionnaire -Visual, auditory, reading/ writing and/or kinaesthetic (sensory / feelings)

Please read carefully before you start the questionnaire

- 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. You would:

a	go with her.
b	tell her the directions
c	write down the directions.
d	draw, or give her a map.

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

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

3. You are planning a holiday for a group of people. You are looking for feedback from them about the plan. You would:

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

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

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

5. A group of tourists want to learn about the parks and mountains wildlife in your area. You would:

a	talk about, or arrange a talk for them about parks and mountains.
b	show them internet pictures, photographs or picture books
c	take them to a park and/or mountains and walk with them.
d	give them a book or pamphlets about the parks and mountains.

How Do I Take in Information?

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

a	trying or testing it.
b	reading the details about its features
c	it is a modern design and looks good.
d	the salesperson telling me about its features.

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

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

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

a	gave you a something to read to explain what was wrong.
b	used a plastic model to show what was wrong.
c	described what was wrong.
d	showed you a diagram of what was wrong.

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

a	read the written instructions on the website.
b	talk with people who know about the program.
c	use the controls or keyboard.
d	follow the diagrams in the book that came with it.

10. I like websites that have:

a	follow the diagrams in the book that came with it.
b	interesting design and visual features.
c	interesting written descriptions, lists and explanations.
d	audio channels where I can hear music, radio programs or interviews.

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

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

How Do I Take in Information?

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

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

13. Do you prefer a tutor or a presenter who uses...

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

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

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

15. You are going to choose from the menu at a restaurant or cafe. You would:

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

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

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

How Do I Take in Information?

The VARK Questionnaire 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

Example

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

Question no	A	B	C	D
3	K	V	R	A

Scoring Chart

Question No	A	B	C	D
1	K	A	R	V
2	V	A	R	K
3	K	V	R	A
4	K	A	V	R
5	A	V	K	R
6	K	R	V	A
7	K	A	V	R
8	R	K	A	V
9	R	A	K	V
10	K	V	R	A
11	V	R	A	K
12	A	R	V	K
13	K	A	R	V
14	K	R	A	V
15	K	A	R	V
16	V	A	R	K

Calculating your score

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

Total number of Vs circled	
Total number of As circled	
Total number of Rs circled	
Total number of Ks circled	

How Do I Take in Information?

So what does VARK mean?

The acronym VARK stands for Visual, Aural, Read/write, and Kinaesthetic sensory that are used in learning information.

Visual Learners	Auditory Learners	Reading / Writing Learners	Kinaesthetic
<p>Visual learners understand when they see a representation of the material. They learn best from maps, charts, pictures, diagrams, video and other non-verbal formats.</p> <p>They don't retain information well from books, speeches or anything with a lot of text.</p>	<p>Auditory learners like to hear information and can take in the information easily when they remember what it sounds like.</p> <p>They learn best from lectures and discussions</p>	<p>Reading / writing learners love text. They learn about something and then writing a summary.</p>	<p>Kinaesthetic learners are tuned into their bodies. They like information that they can use by remembering where they were at the time and what it felt like to perform a new skill.</p> <p>They learn best by practicing.</p>
<p>Mixtures (M & Ms) - multifaceted Many of us use a combination of the four styles mentioned above</p> <p>Multifaceted learners tend to behave in two ways: those</p> <ul style="list-style-type: none"> • who are flexible in their communication preferences and • who switch from mode to mode depending on what they are working with (as with a trainer) <p>Both of the above <i>may</i> be seen as procrastinator or slow thinkers as they take longer to gather all the information but their learning has breadth and understanding.</p>			