

### Introduction

Each of us has a preferred method of learning. Some of us would rather read a textbook, while others prefer to listen to a lecture. Some of us may like to have something explained, while others would rather learn by doing an activity on their own. This worksheet will help you identify your learning style using the VARK framework. VARK rates people in four categories: visual, aural, reflective, and kinesthetic. Simply put, visual learners like to see graphs and charts; aural learners like to listen to the lesson; reflective learners prefer to read the material; and kinesthetic learners like hands-on activities. You may find that you are a combination of more than one learning preference.

The purpose of this exercise is to help you determine what learning style you prefer. The more you know about your learning style, the more effectively you can study; for example you can then learn how to adapt your personal learning style to your professor's teaching and you can learn to strengthen styles that you are not as comfortable in. Learning more about yourself this way is a tool that can be used in many aspects of your life.

### Instructions

Go to [www.vark-learn.com](http://www.vark-learn.com) and complete the brief learning styles survey found by clicking on the "Questionnaire" link. **NOTE: when taking the survey, multiple answers ARE allowed. Check all the answers that describe you. If you feel the question is not applicable to you, then leave all the boxes blank.**

1. Record your results here.

Style	Score
Visual	
Aural	
Read/Write	
Kinesthetic	

### **VARK preferred Learning Style(s):**

2. Refer to the VARK Helpsheets for your preferred learning style (it may be helpful to read all of the Helpsheets). How can you make your learning style work to your advantage in this class?