

VARK Learning Styles Self-Assessment Questionnaire

Circle or tick the answer that most represents how you generally behave.

(It's best to complete the questionnaire before reading the accompanying explanation.)

1. The technologies/aides I use most in my teaching are:
 - a) Designs, images, and symbols and well laid out handouts.
 - b) Question and answer, emails, webinars and online chat/texting.
 - c) Bullet points on PowerPoint and easy access to my notes and handouts.
 - d) YouTube demonstrations, laboratories, practical sessions and field visits.

2. My learners need to know why they learn in different ways. I would use:
 - a) Pie graphs showing the distribution of VARK preferences.
 - b) Their VARK results and the strategies each should use for their learning.
 - c) Text about VARK with descriptions of the methods learners use for each mode.
 - d) My own explanation of the ways learners choose to learn.

3. In my introductory lesson, my learners need to know the structure and content of my course or subject. I would use:
 - a) A diagram or a flow chart showing the topics that I will teach and how they are linked.
 - b) Examples of the topics and what the learners will need to do to succeed.
 - c) A written description about the course including a list of its contents and rules.
 - d) An inspiring talk about the importance of the subject and the topics in it.

4. If I am teaching someone something new, I tend to:
 - a) Make a presentation with graphs, charts and images of what to do
 - b) Give them a verbal explanation
 - c) Write instructions down for them
 - d) Demonstrate first and then let them have a go

5. I tend to say the following in front of my learners:
 - a) Watch how I do it
 - b) Listen to me explain
 - c) Read the text given in the book
 - d) You have a go at explaining it yourself first

6. My learners need to construct or assemble something as a team or group. I would set that up by:
 - a) Providing them with diagrams showing the steps to complete the exercise.
 - b) Describing and explaining the steps to complete the exercise.
 - c) Providing them with a handout listing the steps to complete the exercise.
 - d) Having them observe me as I completed the exercise.

7. As an example, my learners need to know why one home for sale is better than another. I would use:
 - a) Plans, maps, graphs and diagrams of its features.

- b) A video of the sales agent describing its features.
 - c) Written descriptions and lists of its key features.
 - d) A walk-through video of the home.
8. My learners need to know about how to complete an assignment to create a poster. I would:
- a) Show them examples of posters presented by my previous classes that were highly graded.
 - b) Use a question and answer session to help learners make choices about what to do and advice about things that don't work well.
 - c) Use samples of text indicating the important definitions and other information that needs to be included.
 - d) Use examples emphasizing overall layout, designs and formats that add visual information.
9. My learners need to know some strategies for a test in my subject. I would use:
- a) Diagrams of the topics to be tested and how they are linked.
 - b) My own explanations of what they should do to prepare.
 - c) Lists of helpful strategies in a handout.
 - d) Examples from previous tests so students can practice.
10. My learners need to know why it is summer in the northern hemisphere when it is winter in the southern hemisphere. I would use:
- a) Diagrams showing the impact of the sun's rays on the earth in different seasons.
 - b) A YouTube video of an expert talking about seasons.
 - c) A handout and book references with written explanations and definitions for the different seasons.
 - d) A demonstration using objects to show the relative positions of the earth and the sun at different times.
11. My learners need to know how the whole class performed in an exam. I would use:
- a) Bar and pie graphs to show the results and the proportions for each grade.
 - b) Discussion about what they found easy and what was difficult.
 - c) Textbook answers for some of the difficult parts of the test.
 - d) Examples of common mistakes made and how to avoid those in future.
12. I am preparing for the first class of my subject for my learners. For the first ten minutes of the class, I would prepare:
- a) A diagram showing the importance of my syllabus and an overview diagram showing how it will fit together.
 - b) An oral statement that stresses my interest in the first topic and the importance of my course.
 - c) By reading through the handout of the course outline that the learners have.
 - d) Examples and applications that have benefitted society and that have come from studying my course.

13. Many of my learners are not using my handouts. I would try to improve them by:
- a) Adding more interesting visual material using different layouts and formats.
 - b) Adding more YouTube references that contain helpful dialogue.
 - c) Rewriting some of the text to make it more interesting.
 - d) Adding text that relates to their experiences, interests and needs.
14. I am using groups in my classroom to prepare and present a poster that will summarize a topic I have completed in the class. I would suggest that they begin by:
- a) Recalling the important examples, applications and stories that I used.
 - b) Discussing who will contribute to the various parts of the poster.
 - c) Listing the contents and some useful text and print resources.
 - d) Drafting a first version of their poster to show its layout and ideas for content.
15. My learners need to know how to locate the different resources that will be used in my coursework. I would use a:
- a) Linked diagram showing the different resources and their usefulness for my course.
 - b) Question and answer session with the students contributing their ideas.
 - c) Handout listing the resources available and where they can be found.
 - d) Demonstrating with examples, what my previous classes had found helpful.

Now add up how many A's, B's and C's you selected.

A's =

B's =

C's =

D's =

1. If you chose mostly A's you have a VISUAL teaching style.
2. If you chose mostly B's you have an AUDITORY teaching style.
3. If you chose mostly C's you have a READ/ WRITE teaching style.
4. If you chose mostly D's you have a KINESTHETIC teaching style.