

VARK Learning Assessment

Checking any of the statements which you feel describes you as a learner. Each learning style has its advantages and disadvantages. You can be successful with any combination as long as you apply the learning style to produce the desired results.

1. I feel the best way to remember something is
 - to picture it in my head
 - to talk it through
 - to write it down
 - review the information several times

2. In a meeting, I generally would rather
 - just listen to an explanation or point of view
 - have a presentation with diagrams, graphs, or maps
 - read the background material myself
 - take notes and review them later

3. When I want to get caught up on the news I
 - listen to the radio
 - read a newspaper or website
 - watch the television
 - have a discussion with someone I know is current on the news

4. When doing something for the first time, I prefer
 - to be coached through the activity
 - devise a plan of attack and then do it
 - do what seems right
 - follow the instruction manual or procedure information

5. If I am spelling an unfamiliar word,
 - I will repeat it out loud
 - I write it down and see if it looks right
 - finger spelling
 - look it up in the dictionary or use the computer's spell check

6. When planning my work for the week, I
 - make a written list
 - take mental note of what I want to accomplish
 - I block time off in my calendar
 - take action to get things going (send an email, make a call, etc.)

7. When giving someone directions to a location a few minutes away. I generally
 - go with them
 - explain how to get there
 - draw them a map
 - write them directions

8. When working on a project with a coworker, if I get a piece of vital new information. I will typically:
 - phone the coworker immediately and tell them about it
 - send an email with the details
 - bring the document with me and reference it as I discussed the information
 - share how this impacts the work

9. If I were responsible for choosing a new piece of equipment (Example: cell phone, computer, or audio-visual equipment) where the budgets have been approved and all the items are approximately the same price, the following would be most likely to influence my decision
 - what the salesperson has to say
 - reading the details about the equipment
 - trying out the functions
 - the look and feel of the device

10. When learning something online, for me, it is generally easiest if the tutorial has
 - pictures and diagrams
 - written instructions
 - an audio function that explains what to do
 - an off button. I will try the tutorial if you can't figure it out yourself

Total your selections for each of the rows. This indicates the learning style preference.

- Visual
- Auditory
- Read
- Kinesthetic

View the type descriptions in the class workbook or email
Francine@DurivageOnline.com for the learning style types.