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
   - 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.