

The VARK Questionnaire (Version 8.01)

How Do I Learn Best?

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. I need to find the way to a shop that a friend has recommended. I would:
 - a. find out where the shop is in relation to somewhere I know.
 - b. ask my friend to tell me the directions.
 - c. write down the street directions I need to remember.
 - d. use a map.
2. A website has a video showing how to make a special graph or chart. There is a person speaking, some lists and words describing what to do and some diagrams. I would learn most from:
 - a. seeing the diagrams.
 - b. listening.
 - c. reading the words.
 - d. watching the actions.
3. I want to find out more about a tour that I am going on. I would:
 - a. look at details about the highlights and activities on the tour.
 - b. use a map and see where the places are.
 - c. read about the tour on the itinerary.
 - d. talk with the person who planned the tour or others who are going on the tour.
4. When choosing a career or area of study, these are important for me:
 - a. Applying my knowledge in real situations.
 - b. Communicating with others through discussion.
 - c. Working with designs, maps or charts.
 - d. Using words well in written communications.
5. When I am learning I:
 - a. like to talk things through.
 - b. see patterns in things.
 - c. use examples and applications.
 - d. read books, articles and handouts.
6. I want to save more money and to decide between a range of options. I would:
 - a. consider examples of each option using my financial information.
 - b. read a print brochure that describes the options in detail.
 - c. use graphs showing different options for different time periods.
 - d. talk with an expert about the options.
7. I want to learn how to play a new board game or card game. I would:
 - a. watch others play the game before joining in.
 - b. listen to somebody explaining it and ask questions.
 - c. use the diagrams that explain the various stages, moves and strategies in the game.
 - d. read the instructions.

8. I have a problem with my heart. I would prefer that the doctor:
 - a. gave me something to read to explain what was wrong.
 - b. used a plastic model to show me what was wrong.
 - c. described what was wrong.
 - d. showed me a diagram of what was wrong.
9. I want to learn to do something new on a computer. I would:
 - a. read the written instructions that came with the program.
 - b. talk with people who know about the program.
 - c. start using it and learn by trial and error.
 - d. follow the diagrams in a book.
10. When learning from the Internet I like:
 - a. videos showing how to do or make things.
 - b. interesting design and visual features.
 - c. interesting written descriptions, lists and explanations.
 - d. audio channels where I can listen to podcasts or interviews.
11. I want to learn about a new project. I would ask for:
 - a. diagrams to show the project stages with charts of benefits and costs.
 - b. a written report describing the main features of the project.
 - c. an opportunity to discuss the project.
 - d. examples where the project has been used successfully.
12. I want to learn how to take better photos. I would:
 - a. ask questions and talk about the camera and its features.
 - b. use the written instructions about what to do.
 - c. use diagrams showing the camera and what each part does.
 - d. use examples of good and poor photos showing how to improve them.
13. I prefer a presenter or a teacher 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, maps or graphs.
14. I have finished a competition or test and I would like some feedback. I would like to have feedback:
 - a. using examples from what I have done.
 - b. using a written description of my results.
 - c. from somebody who talks it through with me.
 - d. using graphs showing what I achieved.
15. I want to find out about a house or an apartment. Before visiting it I would want:
 - a. to view a video of the property.
 - b. a discussion with the owner.
 - c. a printed description of the rooms and features.
 - d. a plan showing the rooms and a map of the area.
16. I want to assemble a wooden table that came in parts (kitset). I would learn best from:
 - a. diagrams showing each stage of the assembly.
 - b. advice from someone who has done it before.
 - c. written instructions that came with the parts for the table.
 - d. watching a video of a person assembling a similar table.