Using the Online VARK Questionnaire

2. Choose the answer which best suits you and select the box next to it. **You may select more than one answer if you feel that it applies to you.** For a question that does not apply to you, the answer may be left blank.
3. Click “OK”
4. Your learning style preference will be presented in a style that you can easily understand. For example, a visual learner will be given his/her results using charts, pictures, graphs. **Click on the help sheets links as shown below for more information about your learning style preference.**
5. An example of VARK Questionnaire Results is provided for you below.

The VARK Questionnaire Results

Your scores were:

- Visual: 4
- Aural: 2
- Read/Write: 3
- Kinesthetic: 4

You can find more information about your learning preferences in our downloadable book:

**How Do I Learn Best?**  
a student’s guide to improved learning

You have a multimodal (VARK) learning preference.

Use the following help sheets for study strategies that apply to your learning preferences:

- [multimodal](#)
- [visual](#)
- [aural](#)
- [read-write](#)
- [kinesthetic](#)
Visual Study Strategies

Intake

to take in the information:
You want the whole picture so you are probably holistic rather than reductionist in your approach. You are often swayed by the look of an object. You are interested in color and layout and design and you know where you are in your environment. You are probably going to draw something.

Use all the techniques above

- Reconstruct the images in different ways . . . try different spatial arrangements
- Redraw your pages from memory

SWOT
STUDY WITHOUT TEARS

### Replace words with symbols or initials

Look at your pages. ☺ ☺

Convert your lecture "notes" into a learnable package by reducing them 3:1 into picture pages

Output

to perform well in the examination:

- draw things, use diagrams
- write exam answers
- recall the pictures made by your pages
- practice turning your visuals back into words