

The VARK Questionnaire – How do you learn best?

Your VARK Results

Your scores were:

- Visual 1
- Aural 8
- Read/Write 16
- Kinesthetic 14

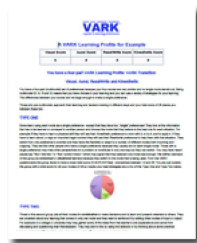
Your learning preference:

Multimodal (RK)

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People with your preference like:

notes, handouts, print, text, practical exercises, experiences, examples, case studies, trial and error, things that are *real*, ...



https://vark-learn.com/products/checkout/?V=1&A=8&R=16&K=14&add_product=1069

Full information about your preference is available in your **VARK Academic Profile** (https://vark-learn.com/products/checkout/?V=1&A=8&R=16&K=14&add_product=1069) or **Business Profile** (https://vark-learn.com/products/checkout/?V=1&A=8&R=16&K=14&add_product=16728) (US\$10.57).

[View Example Profile \(http://vark-learn.com/wp-content/uploads/2019/07/Example-Academic-Profile.pdf\)](http://vark-learn.com/wp-content/uploads/2019/07/Example-Academic-Profile.pdf)

Use the following helpsheets for strategies that apply to your VARK preference:

- [Multimodal strategies \(https://vark-learn.com/strategies/multimodal-strategies/\)](https://vark-learn.com/strategies/multimodal-strategies/)
- [Read/Write Strategies \(https://vark-learn.com/strategies/readwrite-strategies/\)](https://vark-learn.com/strategies/readwrite-strategies/)
- [Kinesthetic Strategies \(https://vark-learn.com/strategies/kinesthetic-strategies/\)](https://vark-learn.com/strategies/kinesthetic-strategies/)
- [Understanding the results \(https://vark-learn.com/introduction-to-vark/understanding-the-results/\)](https://vark-learn.com/introduction-to-vark/understanding-the-results/)
- [NEW! VARK and Online Learning \(https://vark-learn.com/vark-and-online-learning/\)](https://vark-learn.com/vark-and-online-learning/)
- [NEW! Read about the experiences of others with the same learning preference as you - and add your own experiences. \(https://vark-learn.com/your-experiences/RK-preference/\)](https://vark-learn.com/your-experiences/RK-preference/)

Next, fill in the [Current Strategies Questionnaire \(https://vark-learn.com/the-vark-questionnaire/strategies-questionnaire/\)](https://vark-learn.com/the-vark-questionnaire/strategies-questionnaire/) to find out whether the learning strategies you currently use are the best for your learning preference.

Your VARK Profile

How Do I Learn Best?

Your VARK Profile will help you understand your preferences for learning. Your profile is a report containing helpful advice about your learning preferences, customized for your VARK scores. Your full profile, including helpsheets, is approximately 10 pages long, and is available as a PDF to download.

[More Information \(https://vark-learn.com/product/how-do-i-learn-best/\)](https://vark-learn.com/product/how-do-i-learn-best/)

[More Information \(https://vark-learn.com/products/vark-profiles/\)](https://vark-learn.com/products/vark-profiles/)

[Purchase a Short Profile \(https://vark-learn.com/products/checkout/?V=16A=86R=166K=14&add_product=12233\)](https://vark-learn.com/products/checkout/?V=16A=86R=166K=14&add_product=12233)

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VARK Research

Please fill in this form so that your results can be included in our research

About You

- Are you:
- ☐ male?
 - ☐ female?
 - ☐ non-binary?
 - ☐ prefer not to disclose?
 - ☐ prefer to self-describe?

- Are you:
- ☐ 12 to 18
 - ☐ 19 to 25
 - ☐ 26 to 34
 - ☐ 35 to 44
 - ☐ 45 to 54
 - ☐ 55 or over?

Where do you live?

- What is your role?
- ☐ student
 - ☐ teacher
 - ☐ trainer
 - ☐ manager
 - ☐ employee
 - ☐ self-employed
 - ☐ other

Your context for filling in VARK

How did you come to fill in the VARK Questionnaire?

- ☐ I was directed to VARK by my teacher or educator.
- ☐ I was directed to VARK by a friend or family member.
- ☐ I was directed to VARK by someone in my workplace.
- ☐ I found VARK when searching on the Internet.
- ☐ I read about VARK in a book or article.
- ☐ Other.

Do any of following apply to you?

- ☐ I have already read through the helpsheets/study strategies for my learning preference.
- ☐ A teacher or trainer (or someone similar) has explained VARK to me in some detail.
- ☐ I have read about VARK and have a good understanding of it.
- ☐ I expect to receive further help from a teacher or trainer to put what I have learned about VARK into practice.

Is this the first time you have filled in the VARK questionnaire?

- ☐ Yes, this is the first time.
- ☐ No, I have filled it in recently.
- ☐ No, I have filled it in some time ago.

Your VARK Results

Which of the following best matches your perception of your VARK results?

- ☐ That is how I prefer to learn.
- ☐ Those are not my learning preferences.
- ☐ I am not sure how I prefer to learn.

How helpful do you expect VARK to be for your learning?

- ☐ Very helpful.
- ☐ Slightly helpful.
- ☐ Not at all helpful.
- ☐ I don't know.

Do you understand VARK well enough to be able to make changes to improve your learning?

- ☐ Yes, I understand my VARK preference and what I need to do.
- ☐ I need to find out more before I can make any changes.
- ☐ I don't need to make any changes.
- ☐ I don't know.

Future Research

Can we contact you in a few months with some follow-up questions? If so, please provide your email address:

This is OPTIONAL. Your email address will only be used for the purpose of contacting you for the follow-up questions. We will not share your email address with anyone else, nor will we use it for any other purpose.

OK

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