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The VARK Questionnaire – How do you learn best?

Your VARK Results

Your scores were:

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

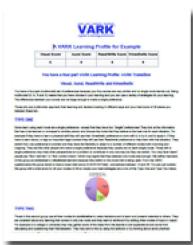
Your learning preference:

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=16A=8R=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=16A=8R=16&K=14&add_product=1069) or [Business Profile](#) (https://vark-learn.com/products/checkout/?V=16A=8R=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>)

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

- [Multimodal strategies](#) (<https://vark-learn.com/strategies/multimodal-strategies/>)
- [ReadWrite Strategies](#) (<https://vark-learn.com/strategies/readwrite-strategies/>)
- [Kinesthetic Strategies](#) (<https://vark-learn.com/strategies/kinesthetic-strategies/>)
- [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/>)
- [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>)

Next, fill in the [Current 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?

Our eBook for students will help you make the most of your VARK learning preferences. [Privacy - Terms](#)

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/)

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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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