The VARK Questionnaire (Version 7.8)

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. You are helping someone who wants to go to your airport, the center of town or railway station. You would:
   a. go with her.
   b. tell her the directions.
   c. write down the directions.
   d. draw, or show her a map, or give her a map.

2. A website has a video showing how to make a special graph. There is a person speaking, some lists and words describing what to do and some diagrams. You would learn most from:
   a. seeing the diagrams.
   b. listening.
   c. reading the words.
   d. watching the actions.

3. You are planning a vacation for a group. You want some feedback from them about the plan. You would:
   a. describe some of the highlights they will experience.
   b. use a map to show them the places.
   c. give them a copy of the printed itinerary.
   d. phone, text or email them.

4. You are going to cook something as a special treat. You would:
   a. cook something you know without the need for instructions.
   b. ask friends for suggestions.
   c. look on the Internet or in some cookbooks for ideas from the pictures.
   d. use a good recipe.

5. A group of tourists want to learn about the parks or wildlife reserves in your area. You would:
   a. talk about, or arrange a talk for them about parks or wildlife reserves.
   b. show them maps and internet pictures.
   c. take them to a park or wildlife reserve and walk with them.
   d. give them a book or pamphlets about the parks or wildlife reserves.

6. You are about to purchase a digital camera or mobile phone. Other than price, what would most influence your decision?
   a. Trying or testing it.
   b. Reading the details or checking its features online.
   c. It is a modern design and looks good.
   d. The salesperson telling me about its features.

7. Remember a time when you learned how to do something new. Avoid choosing a physical skill, eg. riding a bike. You learned best by:
   a. watching a demonstration.
   b. listening to somebody explaining it and asking questions.
   c. diagrams, maps, and charts - visual clues.
8. You have a problem with your heart. You would prefer that the doctor:
   a. gave you something to read to explain what was wrong.
   b. used a plastic model to show what was wrong.
   c. described what was wrong.
   d. showed you a diagram of what was wrong.

9. You want to learn a new program, skill or game on a computer. You would:
   a. read the written instructions that came with the program.
   b. talk with people who know about the program.
   c. use the controls or keyboard.
   d. follow the diagrams in the book that came with it.

10. I like websites that have:
    a. things I can click on, shift or try.
    b. interesting design and visual features.
    c. interesting written descriptions, lists and explanations.
    d. audio channels where I can hear music, radio programs or interviews.

11. Other than price, what would most influence your decision to buy a new non-fiction book?
    a. The way it looks is appealing.
    b. Quickly reading parts of it.
    c. A friend talks about it and recommends it.
    d. It has real-life stories, experiences and examples.

12. You are using a book, CD or website to learn how to take photos with your new digital camera. You would like to have:
    a. a chance to ask questions and talk about the camera and its features.
    b. clear written instructions with lists and bullet points about what to do.
    c. diagrams showing the camera and what each part does.
    d. many examples of good and poor photos and how to improve them.

13. Do you prefer a teacher or a presenter 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 or graphs.

14. You have finished a competition or test and would like some feedback. You would like to have feedback:
    a. using examples from what you have done.
    b. using a written description of your results.
    c. from somebody who talks it through with you.
    d. using graphs showing what you had achieved.

15. You are going to choose food at a restaurant or cafe. You would:
    a. choose something that you have had there before.
    b. listen to the waiter or ask friends to recommend choices.
    c. choose from the descriptions in the menu.
    d. look at what others are eating or look at pictures of each dish.

16. You have to make an important speech at a conference or special occasion. You would:
    a. make diagrams or get graphs to help explain things.
    b. write a few key words and practice saying your speech over and over.
    c. write out your speech and learn from reading it over several times.
    d. gather many examples and stories to make the talk real and practical.
The VARK Questionnaire Scoring Chart

Use the following scoring chart to find the VARK category that each of your answers corresponds to. Circle the letters that correspond to your answers.

E.g. If you answered b and c for question 3, circle V and R in the question 3 row.

<table>
<thead>
<tr>
<th>Question</th>
<th>a category</th>
<th>b category</th>
<th>c category</th>
<th>d category</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>K</td>
<td>A</td>
<td>R</td>
<td>V</td>
</tr>
<tr>
<td>2</td>
<td>V</td>
<td>A</td>
<td>R</td>
<td>K</td>
</tr>
<tr>
<td>3</td>
<td>K</td>
<td>V</td>
<td>R</td>
<td>A</td>
</tr>
<tr>
<td>4</td>
<td>K</td>
<td>A</td>
<td>V</td>
<td>R</td>
</tr>
<tr>
<td>5</td>
<td>A</td>
<td>V</td>
<td>K</td>
<td>R</td>
</tr>
<tr>
<td>6</td>
<td>K</td>
<td>R</td>
<td>V</td>
<td>A</td>
</tr>
<tr>
<td>7</td>
<td>K</td>
<td>A</td>
<td>V</td>
<td>R</td>
</tr>
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<td>8</td>
<td>R</td>
<td>K</td>
<td>A</td>
<td>V</td>
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<td>9</td>
<td>R</td>
<td>A</td>
<td>K</td>
<td>V</td>
</tr>
<tr>
<td>10</td>
<td>K</td>
<td>V</td>
<td>R</td>
<td>A</td>
</tr>
<tr>
<td>11</td>
<td>V</td>
<td>R</td>
<td>A</td>
<td>K</td>
</tr>
<tr>
<td>12</td>
<td>A</td>
<td>R</td>
<td>V</td>
<td>K</td>
</tr>
<tr>
<td>13</td>
<td>K</td>
<td>A</td>
<td>R</td>
<td>V</td>
</tr>
<tr>
<td>14</td>
<td>K</td>
<td>R</td>
<td>A</td>
<td>V</td>
</tr>
<tr>
<td>15</td>
<td>K</td>
<td>A</td>
<td>R</td>
<td>V</td>
</tr>
<tr>
<td>16</td>
<td>V</td>
<td>A</td>
<td>R</td>
<td>K</td>
</tr>
</tbody>
</table>

Calculating your scores

Count the number of each of the VARK letters you have circled to get your score for each VARK category.

Total number of V's circled = __________
Total number of A's circled = __________
Total number of R's circled = __________
Total number of K's circled = __________
# LEARNING STYLES PEER TUTOR TRAINING SUPPLEMENTARY WORKSHEET

Please utilize the following supplementary worksheet, along with the Learning Styles Prezi and training rubric, in order to complete this peer tutor training. **The learning outcomes for this training are as follows. Through completion of this training, peer tutors will be able to:**

- Communicate knowledge of the 4 types of learning styles reviewed in this training.
- Self-identify their own learning style preferences and articulate how this might impact their tutoring style and techniques.
- Exhibit command of differentiating tutorial style, technique, and tutor session preparation to accommodate for learners of the 4 varied learning styles reviewed in this training.

1) In your own words, give a brief description of the 4 learning styles reviewed in this Prezi. Specifically be sure to describe the difference between Kinesthetic and Tactile.

<table>
<thead>
<tr>
<th>Learning Style</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinesthetic</td>
<td></td>
</tr>
<tr>
<td>Tactile</td>
<td></td>
</tr>
</tbody>
</table>

2) After reviewing the first few slides and brief video about learning styles in the training Prezi, what do you think your own personal learning style is? Self-Identify in the space below and explain why you came to this conclusion. Do you think you identify with more than one style?

   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

3) Do you think your learning style affects your tutorial sessions? Why or why not?

   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

4) Describe how identifying your students’ learning styles will positively impact your tutorial sessions?

   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

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*Training materials developed by Natasha Ford at the Student Academic Resource Center within the Division of Student Development and Enrollment Services at the University of Central Florida.*
When prompted within the Prezi, STOP and make a list of **tips to give** and **tutoring techniques** for the following learning styles. Feel free to note additional items after proceeding with the Prezi.

<table>
<thead>
<tr>
<th><strong>Auditory Learners</strong></th>
<th>Study Tips and Techniques</th>
<th>Tutoring Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prefers to get information by listening</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty following written directions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty with reading</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Problems with writing</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Kinesthetic Learners</strong></th>
<th>Study Tips and Techniques</th>
<th>Tutoring Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prefers hands-on learning</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Can assemble parts without reading directions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty sitting still</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Learns better when physical activity is involved</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Visual Learners</strong></th>
<th>Study Tips and Techniques</th>
<th>Tutoring Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prefers to get information by seeing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Likes looking at books, pictures, puzzles, etc</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strong sense of color, Misinterpretation of words</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty with spoken instruction</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Read/Write Learners</strong></th>
<th>Study Tips and Techniques</th>
<th>Tutoring Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prefers to get information from text</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Likes reading and writing in all forms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Likes lists, textbooks, handouts, etc</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Emphasis placed on words and the meanings of words</td>
<td></td>
</tr>
</tbody>
</table>

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Hands-On Training Activity
It is important to understand effective ways of tutoring to cater to the four learning styles reviewed in this training. In order to demonstrate comprehension of ways to modify tutoring for different learners, you will do the following hands-on activity to be turned in along with this worksheet.

1. **Choose a topic that you will be reviewing in an upcoming tutorial session.** List the topic here as well as how you would traditionally approach academic support for this content material:

   Content Topic: ________________________________________________________________________

   Traditional Tutoring Approach: ____________________________________________________________
   ____________________________________________________________________________________

2. **For each of the four learning styles, use the space below or a separate paper to clearly identify how you would modify your traditional approach to the topic you listed in item #1. In detail, describe at least one unique technique, game, or activity for each learning style. Describe how each approach appeals to the learning style and be sure to note ways to incorporate technology.**

   Auditory: _____________________________________________________________________________
   ____________________________________________________________________________________

   Kinesthetic: ___________________________________________________________________________
   ____________________________________________________________________________________

   Visual: _______________________________________________________________________________
   ____________________________________________________________________________________

   Read/Write: __________________________________________________________________________
   ____________________________________________________________________________________

3. After describing four varied approaches to the same tutoring topic, **select one of the four tutoring approaches** and create the resource that you described. Be sure to make a product that you will be able to use in one of your upcoming tutorial sessions. This could be a physical game, traditional handout, worksheet, diagram, set of sample questions, etc. or a technological or online resource like an ActivInspire flipchart, Kogneato game, Jeopardy questions, etc. Be creative, think outside of your comfort zone, and use this opportunity to try something new. Once completed, please turn in this worksheet, along with your hands-on activity to your supervisor by the specified deadline.