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**The VARK Questionnaire:**

Understanding your sensory learning preferences

This is a nice alternative to the more commonly used Honey and Mumford questionnaire on learning styles. Choose the answer which best explains your preference and circle the letter next to it. Please choose more than one if a single answer does not match your perception. Leave blank any question that does not apply.

Then complete the scoring chart that follows the questionnaire.

1. A group of tourists wants to learn about the parks or wildlife reserves in your area. You would:

1. show them maps and internet pictures.
2. talk about, or arrange a talk for them about parks or wildlife reserves.
3. take them to a park or wildlife reserve and walk with them.
4. give them a book or pamphlets about the parks or wildlife reserves.

2. You are going to choose food at a restaurant or cafe. You would:

1. listen to the waiter or ask friends to recommend choices.
2. choose from the descriptions in the menu.
3. look at what others are eating or look at pictures of each dish.
4. choose something that you have had there before.

3. You have to make an important speech at a conference or special occasion. You would:

1. make diagrams or get graphs to help explain things.
2. write out your speech and learn from reading it over several times.
3. gather many examples and stories to make the talk real and practical.
4. write a few key words and practice saying your speech over and over.

4. You are about to purchase a digital camera or mobile phone. Other than price, what would most

influence your decision?

1. it is a modern design and looks good.
2. trying or testing it.
3. the salesperson telling me about its features.
4. reading the details or checking its features online.

5. You are going to cook something as a special treat. You would:

1. cook something you know without the need for instructions.
2. use a cookbook where you know there is a good recipe.
3. ask friends for suggestions.
4. look on the Internet or in some cookbooks for ideas from the pictures.

6. You have a problem with your knee. You would prefer that the doctor:

1. gave you something to read to explain what was wrong.
2. showed you a diagram of what was wrong.
3. used a plastic model to show what was wrong.
4. described what was wrong.

7. You are planning a holiday for a group. You want some feedback from them about the plan. You

would:

1. use a map to show them the places.
2. describe some of the highlights they will experience.
3. give them a copy of the printed itinerary.
4. phone, text or email them.

8. You are using a book, CD or website to learn how to take photos with your new digital camera. You

would like to have:

1. many examples of good and poor photos and how to improve them.
2. a chance to ask questions and talk about the camera and its features.
3. diagrams showing the camera and what each part does.
4. clear written instructions with lists and bullet points about what to do.

9. You have finished a competition or test and would like some feedback. You would like to have

feedback:

1. using examples from what you have done.
2. using graphs showing what you had achieved.
3. from somebody who talks it through with you.
4. using a written description of your results.

10. Other than price, what would most influence your decision to buy a new non-fiction book?

1. quickly reading parts of it.
2. the way it looks is appealing.
3. a friend talks about it and recommends it.
4. it has real-life stories, experiences and examples.

11. Remember a time when you learned how to do something new. Avoid choosing a physical skill, e.g. riding a bike. You learned best by:

1. diagrams, maps, and charts - visual clues.
2. watching a demonstration.
3. written instructions – e.g. a manual or book.
4. listening to somebody explaining it and asking questions.

12. I like websites that have:

1. interesting design and visual features.
2. interesting written descriptions, lists and explanations.
3. things I can click on, shift or try.
4. audio channels where I can hear music, radio programs or interviews.

13. 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:

1. reading the words.
2. seeing the diagrams.
3. listening.
4. watching the actions.

14. You want to learn a new program, skill or game on a computer. You would:

1. follow the diagrams in the book that came with it.
2. use the controls or keyboard.
3. read the written instructions that came with the program.
4. talk with people who know about the program.

15. Do you prefer a teacher or a presenter who uses:

1. handouts, books, or readings.
2. diagrams, charts or graphs.
3. question and answer, talk, group discussion, or guest speakers.
4. demonstrations, models or practical sessions.

16. You are helping someone who wants to go to your airport, the centre of town or railway station. You would:

1. tell her the directions.
2. draw, or show her a map, or give her a map.
3. go with her.
4. write down the directions.

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 R and V in the question 3 row.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Question | A category | B category | C category | D category |
| 3 | A | R | V | K |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Question | A category | B category | C category | D category |
| 1 | V | A | K | R |
| 2 | A | R | V | K |
| 3 | V | R | K | A |
| 4 | V | K | A | R |
| 5 | K | R | A | V |
| 6 | R | V | K | A |
| 7 | V | A | R | K |
| 8 | K | A | V | R |
| 9 | K | V | A | R |
| 10 | R | V | A | K |
| 11 | V | K | R | A |
| 12 | V | R | K | A |
| 13 | R | V | A | K |
| 14 | V | K | R | A |
| 15 | R | V | A | K |
| 16 | A | V | K | R |

Calculating your scores

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

|  |  |
| --- | --- |
| Total number of Vs circled |  |
| Total number of As circled |  |
| Total number of Rs circled |  |
| Total number of Ks circled |  |

Marking Guide

Because respondents can choose more than one answer for each question, the scoring is a little complex. It can be likened to a set of four stepping stones across the water.

1. Add up your scores: V + A + R + K = TOTAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Enter your scores from the highest to the lowest on the ‘stones’ below, with their V, A, R and K labels.

Stepping distance

3. Your stepping distance comes from this table:

|  |  |
| --- | --- |
| Total of my four VARK scores is | My stepping distance is |
| 10-16 | 1 |
| 17-22 | 2 |
| 23-26 | 3 |
| More than 26 | 4 |

Your first preference is the first stone (the highest score). Tick the first stone as one of your preferences.

If you can reach the next stone with a step equal to or less than your stepping distance, then tick that one too.

Once you cannot reach the next stone you have finished defining your set of preferences.