V.A.R.K. LEARNING STYLES TEST

This test is to find out something about your preferred learning method. Choose the answer that best explains your preference and circle the letter (V, A, R or K).

1. You are about to give directions to a person. She is going to a Hotspurs match and wants to visit your house by car first. Would you:
   V. draw a map on paper?
   R. write down the directions (without a map)?
   A. tell her the directions?
   K. collect her in your car?

2. You are staying in a hotel in Manchester to watch the game and have a rental car. You would like to visit a friend whose address/location you do not know. Would you like them to:
   V. draw you a map?
   R. write down the directions (without a map)?
   A. tell you directions?
   K. collect you from the hotel in their car?

3. You have just received a copy of your itinerary for a trip to South Africa to see the 2010 World Cup. This is of interest to your friend. Would you:
   A. call her immediately and tell her about it?
   R. send her a copy of the printed itinerary?
   V. show her a map of South Africa?

4. You are going to cook a dessert as a special treat for your family. Do you:
   K. cook something familiar without the need for instructions?
   V. thumb through a cookbook looking for ideas from the pictures?
   R. refer to a specific cookbook where there is a good recipe?
   A. ask for advice from others?

5. A group of tourists has been assigned to you to find out about famous Football Stadiums in London. Would you:
   K. drive them to a stadium?
   V. show them slides and photographs?
   R. give them a book on stadiums?
   A. give them a talk on stadiums?

6. You are about to purchase a new camera to take pictures at the game. Other than the price, what would most influence your decision?
   A. a friend talking about it?
   K. trying it out?
   R. reading the details about it?
   V. its distinctive appearance?

7. Recall a time in your life when you learned how to do something like playing a new board game. Try to avoid choosing a very physical skill, i.e. riding a bike. How did you learn best? By:
   V. visual clues-pictures, diagrams, charts?
   R. written instructions?
   A. listening to somebody explain it?
   K. doing it?

8. Which of these games do you prefer?
   A. Pictionary?
   R. Scrabble?
K. Charades?

9. You are about to learn how to use a new program on a computer. Would you:
   K. ask a friend to show you?
   R. read the manual which comes with the program?
   A. telephone a friend and ask questions about it?

10. You are not sure whether a word should be spelled "dependent" or "dependant". Do you:
   R. look it up in a dictionary?
   V. see the word in your mind and choose the best way it looks?
   A. sound it out?
   K. write both versions down?

11. Apart from price, what would most influence your decision to buy a particular book about coaching?
   K. using a friend's copy?
   R. skimming parts of it?
   A. a friend talking about it?
   V. it looks OK?

12. Do you prefer a lecturer/teacher who likes to use:
   R. handouts and/or a textbook?
   V. flow diagrams, charts, slides?
   K. field trips, labs, practical sessions?
   A. discussion, guest speakers?
Now go back and count how many V’s, A’s, R’s, and K’s you circled. Whichever letter you have circled most indicates your preferred learning style. If you have a "tie" or two letters are about equal you probably have more than one preferred learning style. Here is some information on the letter that you circled most to find out what you should do in class, when you're studying to complement your learning style.

V for Visual

You have been identified as a Visual Learner. Follow these simple tips to assist you in learning more efficiently.

In Class You Should:

- Underline
- use different colors
- use symbols, charts, arrangements on a page

When Studying You Should:

- use the "In Class" method
- reconstruct images in different ways
- redraw pages from memory
- replace words with symbols and initials

During Exams You Should:

- recall the pictures of the pages
- draw, use diagrams where appropriate
- practice turning visuals back into words

A is for Auditory

You have been identified as an Auditory Learner. Follow these simple tips to assist you in learning more efficiently.

In Class You Should:

- attend lectures and tutorials
- discuss topics with students
- explain new ideas to other people
- use a tape recorder
- describe overheads, pictures, and visuals to somebody that was not there.
- leave space in notes for later recall

When Studying You Should:

- understand you may take poor notes because you prefer to listen
- expand your notes
- put summarized notes on tape and listen
- read summarized notes out loud
- explain notes to another Aural person

During Exams You Should:

- listen to your voices and write them down
- speak your answers
R is for Reading/ Writing

You have been identified as a Reading/Writing Learner. Follow these simple tips to assist you in learning more efficiently.

In Class You Should:

- use list, heading
- use dictionary and definitions
- use handouts and textbooks
- read
- use lecture notes

When Studying You Should:

- write out the words again and again
- reread notes silently
- rewrite ideas into other words
- organize diagrams into statements

During Exams You Should:

- practice with multiple choice questions
- write out lists
- write paragraphs, beginnings, endings

Kinesthetic

You have been identified as a Kinesthetic Learner. Follow these simple tips to assist you in learning more efficiently.

In Class You Should:

- use all of your senses
- go to lab, take field trips
- use trial and error methods
- listen to real life examples
- use hands-on approach

When Studying You Should:

- understand you may take notes poorly due to topics not seeming relevant
- put examples in note summaries
- use pictures and photos to illustrate
- talk about notes with another Kinesthetic person

During Exams You Should:
• write practice answers
• role-play the exam situation in your room

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