

HOW DO YOU VARK?

V
visual

Visual learners learn best by seeing. Graphic displays such as charts, diagrams, illustrations, handouts, and videos are all helpful learning tools for visual learners. People who prefer this type of learning would rather see information presented in a visual rather than in written form.

Learn through seeing



Learning strategies:

- Highlight important points in text; key words
- Create flashcards for key information; be concise
- Limit amount of words/information; allows for mental imagery
- Convert notes and translate words into symbols, diagrams, and/or pictures
- Create visual reminders of information
- Practice turning visuals back into words
- Color-code, underline, and/or highlight information
- Be creative with charts, diagrams, mindmaps

Learning strategies:

- Rewrite notes
- Read/review notes every day
- Rewrite ideas and principles into other words
- Organize diagrams/graphs into statements
- Turn reactions, actions, charts, etc. into words
- Write exam answers
- Practice with multiple choice questions
- Write paragraphs, beginnings and endings
- Write lists (a,b,c,1,2,3,4)
- Arrange words into hierarchies and points

R
read/write

Reading and writing learners prefer to take in information displayed as words. Learning materials that are primarily text-based are strongly preferred by these learners.

Learn through reading/writing



A
auditory

Aural (or auditory) learners learn best by hearing information. They tend to get a great deal out of lectures and are good at remembering things they are told.

Learn through listening



Learning strategies:

- Work in groups or with a study partner; i.e. discussions: listening, talking
- Review assignments and text reading before class
- Read notes and text out loud
- Recite information that is important to remember
- Record notes, key information, and lectures; listen to recordings regularly
- Use books-on-tape
- Mathematical/technical information:
 - State the problem out loud
 - Think through a process or sequence of steps: write out, then read out loud
 - Discuss questions/problems in a group or with a study buddy

VARK is a learning inventory that stands for Visual, Auditory, Read/Write and Kinesthetic learning.

Knowing your learning style can be beneficial in your life, especially when it comes to studying and interacting with course material.

Learn through touching, moving, and doing

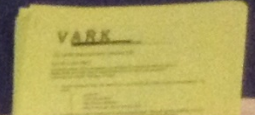


K
Kinesthetic

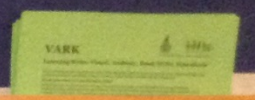
Kinesthetic (or tactile) learners learn best by touching and doing. Hands-on experience is important to kinesthetic learners.

Learning Strategies:

- Skim through readings first to understand the theme or main idea
- Move around as you read; work in a standing position
- Record notes and listen to them while exercising
- Take frequent study breaks
- Listen to music while studying
- Sit in the front of the classroom
- Stay actively engaged in class, write key points, draw charts
- Create hands-on learning when possible
- Create cards for processes:
 - Type over notes from text and class
 - Create spreadsheets, tables, charts to organize materials



TAKE A COPY OF THE ASSESSMENT TO FIND OUT WHICH LEARNING STYLE IS RIGHT FOR YOU!!!



TAKE A COPY OF THIS HANDOUT TO FIND OUT MORE ABOUT YOUR LEARNING STYLE SUCH AS STUDY HABITS!

ENVIRONMENTALLY FRIENDLY?

YOU CAN ALSO TAKE THE ASSESSMENT ONLINE:
<http://vark.learn.com/the-vark-questionnaire/>

AND THE HANDOUT CAN BE FOUND HERE:
<http://tinyurl.com/varkhandout>