

INDIVIDUAL CASE STUDIES from VARK Questionnaire results

Nine Diploma in Business students completed the VARK questionnaire. Their comments are collated below their VARK scores:

V	A	R	K
10	1	9	3

- Have always known I am a Visual and a Read/writer hence 14 years in newspaper advertising "*white space*". I type my course notes so I am able to read easily over again. If I am not reading text or novels, television/video takes up much of my spare time, especially sport armchair participation.

V	A	R	K
2	3	7	3

- Reading and writing is my learning style very strongly. The handout could have been written specially for me. Reading and re-writing notes are how I learn best.

V	A	R	K
4	6	2	4

- I think Kinesthetic is very important for studying. You can really learn a lot than just study in the classroom. However, reading and writing are both also important. I prefer to read and write first until I know something about it. Then I do something by hands to make sure that I really know them. After that, I will read and write again I think it's easier than just read and write and just do it by hands.

V	A	R	K
6	3	4	3

- I am a visual person, or learn by diagrams, charts, images, along with reading and writing – mainly re-writing my notes. When I am learning something I often can see what I have drawn. I also have charts and notes on a wall at home.

V	A	R	K
0	3	5	3

- Reading and writing was first. Auditory and kinesthetic were the same, visual was last.

V	A	R	K
1	2	9	0

- Reading and writing. Helpful to read my notes out loud and slowly. Write out notes again and then abbreviate them into lists and headings. Put definitions etc. into my own words.

V **A** **R** **K**
6 0 4 6

- My main learning style is Kinesthetic that means I like to learn best and quicker when I can practise or do the new skill being taught. I like to be shown what to do at the same time I am doing it. I like examples that I can relate to and I remember things that happened or what I did. I like Visual illustrations. I like to use colour to distinguish headings or points. I like capital letters for important words or phrases. I like space in my notes to separate different topics or subtopics. I like tables of words and meanings or figures. I like diagrams and pictures to demonstrate a meaning. I also like examples of situation to ingrain meaning. I only like to read small amounts and I have to read over a few times or write notes of what I've read. I find reading difficult to absorb unless I shorten my notes with the above Visual techniques.

V **A** **R** **K**
3 7 4 5

- I thought that Kinesthetic learning was my strength, however through the survey I discovered that audio was my highest at 7 points with Kinesthetic at 5 points.

V **A** **R** **K**
2 3 11 3

- Things need to be attentive but also use of lists and understanding of text. Writing words over and over seem to help me. I like the use of colour and space so my mind isn't bogged.

Comments from FINE ARTS students.

V **A** **R** **K**
5 3 4 8

Depending on the task I make notes, convert them to visual blocks, read and analyse. I progress from write to see.

V **A** **R** **K**
5 3 4 6

If the task has an object at the end of it rather than an idea, then I want an example, then do it. From that point on I will do necessary research and redo if needed. But do it first to define the problem. *Diana 54 years. V5, A3, R4, K6*

V **A** **R** **K**
6 **6** **2** **7**

Pretty even scored over VAK. The thing that stood out was the lack of preference for writing (R). I find that I don't get much out of writing detailed notes on a subject. If I do it's more of a jog to the memory. I get more out of visual, practical and discussion. I prefer actually doing something and or researching it myself. That helps me learn. *Rebecca 25 years. V6, A6, R2, K7*

V **A** **R** **K**
4 **5** **3** **5**

As a learner I love discussion. Teachers that are animated and gestural and have interesting voices can help my memory. As I am an art student I suppose that I'm visual but the way I approach things is different sometimes. Focusing on process and method

instead of gazing. Versatility is my strength. I think I can apply myself to any style of learning and have fun too. *Amy 21 years. V4, A5, R3, K5*

V	A	R	K
10	6	3	2

I like to learn by seeing something, and then remembering it that way and also hands on feeds different types of ideas. I like having an image in front of me while someone's talking then next time you see it, it triggers off the things that you have learned. *Gareth 20 years. V10, K6, A3, R2*

V	A	R	K
5	5	6	7

Mixed bag of styles. I like to get stuck into things and can pick up visually very quickly. Some days I like to write things down. Mostly I want to find things out by myself and will go searching Visually, Aurally or by Reading. Variety is the spice of life. *Mark-Anthony 23 years. V5, A5, R6, K7*

Comments from FOUNDATION ART STUDENTS

These have been grouped according to their strongest VARK Preference.

Those with a Visual Preference

- I like being shown examples about the work being set because I can understand better that way. I'm not a very good listener because my mind wanders and I seem to start doodling a bit. *Leana 17years.*
- I'm pretty visual in my learning style and like to see maps or diagrams of things to help me learn. I also remember the way people move and their mannerisms in different situations. I'm also a little bit Kinesthetic as I like to learn by doing and I really like sculpture. *Russell 18 years.*

Those with a Visual and Kinesthetic Preference

- I have to look at something, handle it or do it to remember it. If I am told something, I can never remember. I like being shown how to do things or working out how to do things by myself. *Tina - 18 years.*
- I am a Visual and Kinesthetic person. I have always known that I'm a very Visual person and like to do things with my hands and drawing. That's probably the main reason I'm arty. *Clair – 19 years.*
- I prefer Visual and Kinesthetic ways of learning. I have difficulty in processing instructions and need to be told (explained again) before I can visualise what is being asked. *Kahu - 33 years.*
- I like colouring and remembering, for example, periods of time from pictures. I like to make things and learn from mistakes rather than be taught one specific way. If I am reading, my mind will often wander and I find I am reading the words but I'm thinking of something else. *Anna – 19 years.*

- I take in a lot more when shown how. Like at a new job that I don't know. If they told me what to do, I'll do the best I can that is right, that they might think is wrong until shown how. Once shown I'll get it right. I am dyslexic so I have developed the Visual and Kinesthetic learning to get me through the day. *Riki 25 years.*
- I switch off if the tutor is monotone with little expression. Visual references are better for me to remember places and pictures etc. Sometimes instructions need to be repeated or verified / expanded. Getting into things and learning by experimentation "*practice makes perfect*" and "*trial and error*". Photographic information is important "*photographic memory*". When I'm reading, I often don't take in what I'm reading until something interests me or I click back into what I'm reading. *Kristie 19 years.*

Those with an Auditory Preference

- I find myself drifting in and out of lectures and missing the point. I've found that teachers' voices more than anything help me concentrate or not. *David*

Those with a Kinesthetic Preference

- I cannot sit still for very long periods of time. When I was at secondary school I always got into trouble for doodling constantly and moving around the room. When I'm trying to take in information (i.e. for exams) I like to wander around the room as I read it and take it in. *Renee 17 years.*
- I like being shown how to do something better than being told how to do it. I don't like a lot of writing. *Scott 18 years.*
- I did not learn to read until I was about 10 or 11. This was a surprise for most of my teachers because I had a large amount of general knowledge that I gained from spending a lot of time in libraries. They had assumed that I was reading, but I was just going through the pictures. *Trevor, 22 years.*
- If you bore me, I'll "*tinker and tamper*" and get fidgety. If you hold my interest then I'll listen and take in information. *Jamey 23, years.*

Those with Multimodal - a wide range of preferences

- I am mainly a Visual and Read/write person according to the test. I think I am as well e.g. when I read things I like to see a photo or diagram of what I am reading to summarize everything up. I am also an *instructions person*. I like having a set of instructions given to me so I know exactly what I have to do. *Nyla, 18 years.*
- I'm all of these. I feel I'm a very Visual person, always looking at the way things are set out and I like doing things with my hands. I'm also a bit of a perfectionist so there comes in the Read/write side of things and I enjoy listening to people showing me I'm an Aural person as well. *Kaye, 23 years.*
- I sometimes tend to be a bit of everything and I am flexible. I tend to get bored with too much talking and my mind wanders, thinking of other things. I like to do things for myself at times and working with others too. I like to be shown examples before I attempt a task. *Darren, 26 years.*

- I'm a bit of a multi-person, learning everything that's the best for me. *Visute, 19 years.*
- Visual and Read/write were the main two that were prominent. I was surprised with Read/write but not with Visual. I find it hard to read for long periods and also writing. I tend to concentrate more on Visual presentation. *Steven.*
- I did a VARK test several years ago and came out very much as a Kinesthetic learner. I have (through awareness of learning styles by teaching 8 and 9 year olds) unconsciously developed Visual and Aural senses as a means of learning. Although the results from this test show that there is still a slight lean towards Kinesthetic. *Ani, 25 years.*
- I scored fairly high in all categories. I don't know if this reflects my background, (Quite a few art subjects rather than lecture) or whether I'm just indecisive. I'm slightly higher in Read/write, but I write books; so it could be I'm just compulsive in this area. I learn best if the teaching style is constantly changing, so I don't get bored. *Norah.*
- Being a social person, I like communicating with people, discussing and putting my view forward. I think I learn far better when it has been described what we have to do rather than the directions or instructions given to us on handouts or written. I like to visualize things in the end product of what we are asked to make. It helps in the making process and then I have a mental goal to work towards. *Michaela, 17 years.*
- I find that I come under all because I'm variable but I like hands on more. *Mike, 18 years.*
- I'm a multimodal learner and I scored even for all the categories. Usually I like music but if I don't like the music it hinders my learning. Usually I will try to sort problems out practically but if I can't do it I look at the instructions. I can take information in with listening and can usually recall most of the information. I can usually listen well at the same time I am drawing stuff. *Mark, 18 years.*
- Although the survey says I am multimodal, my real preference for learning is actually by doing and by trial or error, although I do look out and read about whatever subject I am studying. *Rod, 40 years.*
- I am a Visual, Read/write and Kinesthetic learner. I do find I can learn well by going over my notes by writing them over and over again, but often find it hard relating what I have learnt to a question in an exam, for example. I know the information but find it hard understanding a question. I also learn well by listening to someone and looking at picture visuals. I don't find learning easy by reading loads and loads of writing - this is the hardest way to learn. *Charlette, 18 years.*
- I hate teachers that use Aural/Kinesthetic talk for too long and don't do practical stuff till the end of the lesson.

Fine Arts Students

- I am Kinesthetic and learn best by doing activities rather than anything else. I also enjoy doing group activities, going on field trips, and doing practical activities. If I don't understand something I would rather be left to figure it out myself and ask for help from my peers or the tutor. I am also a graphics student.
- *Kinesthetic* – I learn by interacting with the problem/task. I enjoy field trips and take in more info by seeing and doing. I am a graphics student and from this questionnaire we found that all the graphic students in our class are Kinesthetic.
- Definitely accurate results for me. Told me exactly why I have difficulty with some classes and adore others. Will definitely help me as a student and as a teacher. My ranked results: **V K R A**

- This exercise re-emphasised for me that I am predominantly a Visual learner, but that the other styles were even in score and not far behind. My scores were:

V	A	R	K
11	7	6	6

- I often found I had to give more than one answer. With Kinesthetic in particular I have a huge desire to do more if this is not available within the course. I like to cover all these when I teach.
- I found the exercise useful, although I want to use all of the styles, and probably have, to practice in the reading parts to substantiate my ideas more. My scores are:

V	A	R	K
5	3	1	4

- *My Preferences:* 1st Aural
2nd Read/write
3rd Visual
4th Kinesthetic

I was surprised with these results – I thought I was more "*Visual*". However, I do think I actually use all these in a closer way than this quiz demonstrated. I feel most comfortable talking and listening and am not sure if I have been conditioned that way via my past working history, i.e. counselling.

- *My Ranked Preferences:*
1 Read/Write
2= Kinesthetic and Visual
3 Aural

I thought that the questionnaire was helpful in discovering my learning styles. My style was Read/Write. This is quite true as I have always enjoyed reading and writing and find that this applies to most of my lectures and classes that I currently attend. Although I did find the other three modes also had some sort of input into my learning abilities.

- I'm a Kinesthetic person and most times I learn by being hands-on and trial and error are the most effective ways I can learn. But in some cases, depending on the situation, I can effectively learn Visually and Aural. *Trial and error; trial and error; trial and error;*

trial and success. Self-teaching is fun too and I enjoy that, although it is time-consuming because of the repeated trial and error.

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V A R K
4 5 2 5

Taking the two highest scores *Auditory* I found was not applicable in a test environment, whereas in the questionnaire they were more personal circumstances. Kinesthetic – I had a strong preference with the *intake* suggestions and some in the *swot* list. I have questions about the *output* list, probably due to personal preparation and my job direction (artist).

- **Ranked Preferences - R K V A.** I agree with the VARK strategies for R and K, the methods and different ways to absorb information. I did not think that R/W would be as favoured as the questionnaire suggested. I thought K would have rated higher due to my interests and nature of my study.
- **Ranked Preferences - R A K V.** I didn't agree with the outcome. I tend to use all of these methods in combination for learning. Visual figured lowest and yet my personal preference would be to look at something rather than read about it. I think sometimes your method of learning is dictated by the subject or tutor as a result of what is presented or required in an assignment.
- Read/Write: #1 @ 7 Visual: #3 @ 4
Auditory: #2 @ 6 Kinesthetic: #4 @ 3

As a generalisation I would accept that this questionnaire is a reasonable assessment of my learning style. However, I would query the accuracy of this on the basis of only 13 questions! I would have preferred a more detailed questionnaire.

Computer Graphic Design Students

Comment from their teachers. *As expected, the students were essentially Visual and Kinesthetic and this questionnaire clarified some aspects of learning preference for them.*

- From the VARK test it shows that I am visually oriented with a similar approach to Kinesthetic. I like to look at Visual information as opposed to solid blocks of text because they hold more interest for me and are easier to recall. *Karl, 18 years.*
- My survey was really strongly pulled to the ends of Visual and Kinesthetic. I answered 10 to V and 9 to K and only 1 to R and 0 to A. I like to see things and do things and I doodle most of the time. It makes the notes personal so I like them better. The way things look on the page is really important. I like white pages not coloured ones except maybe yellow. Not green or blue or pink. *Joanna, 17 years.*
- After the survey I realised that I am Kinesthetic. In my day-to-day learning I doodle a lot. I prefer Visual references rather than written text and listening isn't a strong point, as I get distracted easily. When I study I have to go over things again and again. I do not readily take notes in a lecture. In my art history class I find that I fall asleep. I hate speeches and find it hard to cooperate orally in a group. *Kate, 18 years.*

- I find it easier when taking notes and learning about something when it has pictures, diagrams and or examples with it. For example I find it easier to look at the slides we are talking about. In subjects like economics or maths at school I needed examples of theories in real life situations or diagrams that explained things step-by-step. I hate to read books and take notes from what I am reading because I can never decipher what is important. Therefore my notes get longer and harder to learn from. However once I have notes in point form, simplified right down I find it easier to revise and learn from. *Jodi, 17 years.*
- My learning style is Visual and Kinesthetic. I doodle in class and write notes messy and then tidy them up later. Having to listen to long lecturers puts me to sleep. Reproducing Visual images assists me and I enjoy doing it. In school I had the ability but didn't do much as I was constantly drawing pictures and not taking notes. I read comics, but no novels as colour and pictures with words are good for me. *Asher, 20 years.*
- I have always known that I am a Visual and Read/write learner. I take a lot of notes in lectures and colour code my notes. I learn best by taking notes with diagrams associated with it. If I have to listen for too long I find that I switch off and start to daydream. In class I will listen and take notes but not very often ask questions. I am too busy taking it in. I will think of the questions at the end of the class or later when revising. I am easily distracted and find it hard to concentrate unless I have something Visual to focus on. I read a lot and if I need to know something I will get a book out and re-read it often or when the subject comes up. *Corrine, 18 years.*
- I have always found that I could learn more easily by doing rather than reading, writing or listening. Also if I had the chance to watch something being done I could more readily learn from association with things that I had recorded from seeing. It always annoys me that exams are designed specifically to cater for learners who are R and A learners. I am an intelligent person who had to study like mad to get even mediocre results. It always seemed that all those people who did very little study would do brilliantly. Since being a student of the arts I have found that by use of hands-on techniques I retain far more of what I learn because I really enjoy getting in and doing things. *Meredith, 26 years.*
- Learning preference: Visual with written notes (R/W). I find it easier to study information that has diagrams, charts, pictures and writing that explains them. It is easy for me to associate a word or a phrase with a symbol or a diagram. When a tutor talks for longer than 5 or 10 minutes I find that my mind wanders and I start to draw. I also like to have a tutor explain written handouts and during this time I jot down ideas. I then go home and write them out neatly with different coloured pens to help me to remember and file the notes in order. I also struggle to read from textbooks. It is best for me to highlight main points and read them, then transfer them into my own words and re-read them. *Clare, 18 years.*
- Till recently I had only been learning things by writing information down and revising it for exams. I made myself learn this way. It was really hard. Art history, geography and design were different in that I would associate a single picture or a diagram with the text to help me understand or to aid revision. I also found that I learned more from teachers with personal experience in what they were teaching. Field trips were good because in an exam you could visualise what you were writing about. *Cameron, 18 years.*

- I am more of a Read/write person with no preference for Aural at all. When the lecturer is talking, I write down everything. I thought it was just to keep my hands busy but I now realise that this is a tendency of the Read/write person. *Victoria, 36 years.*
- I am pretty balanced in the VARK survey. If stronger in any it would be Aural and Visual. I don't find writing down notes is going to be beneficial to my learning. I like colours and noise - something that blinks at me! You leave this world with memories not with a pile of notes! *Dave, 21 years.*