

visual * aural * read/write * kinesthetic
VARK[®]
a guide to learning styles

Short-Profile: YOUR VARK PROFILE

Visual Score	Aural Score	Read/Write Score	Kinesthetic Score
9	2	0	1

You have a very strong Visual preference for learning

You have a single Visual preference for learning. The gap between your Visual score of 9 and your next highest score of 2 for Aural is large enough to indicate that, while you are quite capable of learning using each of these four VARK modes, the Visual mode is your first preference. This means that you prefer to use the Visual representations of learning and that you should use the Visual strategies in the Keywords (below) and in the VARK Helpsheets to improve your learning. Life, and learning, are multimodal so sometimes you will need to use your other modes as well as your first preference.

Your single VARK preference may be *mild*, *strong*, or *very strong* depending on the gap between your highest score and your second highest score. If it is very strong, you may rely on just Visual information and strategies to communicate and learn. While that means you can learn quickly using only that mode, you may lack input that would give a wider breadth of views (different perspectives) that other learners get from using several modes.

KEYWORDS

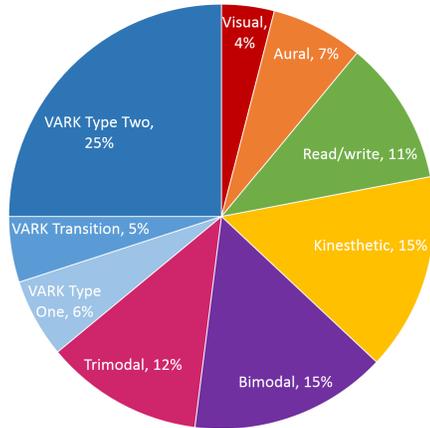
Use these words to develop your strategies for learning:

KEYWORDS FOR VISUAL

maps.
plans.
charts.
graphs.
symbols.
diagrams.
overviews.
underlining.
flow charts.
highlighters.
different colors.
designs, patterns, posters...
textbooks with diagrams, models, maps...
different spatial arrangements o the page
(like this keywords list).
white space that makes the blank areas around text more significant.

VARK STATISTICS

VARK PROFILES



DATA FOR THOSE WITH VISUAL PREFERENCES

Strength	Percent of total database
Visual mild	1.8%
Visual strong	0.5%
Visual very strong	0.5%
Total Visual	2.5%

UNDERSTANDING VARK

There are some important VARK principles that will help you use this new information appropriately.

1. VARK is about learning and communication so your scores above may not reflect other parts of your life such as leisure, relationships, recreation...
2. Secondly, everyone has four VARK scores, so while we might describe somebody as *Visual* or *Aural* those are only short labels for use when discussing VARK. A zero VARK score is meaningful because it indicates that there is little preference to use that mode for learning. So a zero score for *Read/write* does not mean that they cannot read. It means that they prefer not to use reading and writing as their best way to learn. Reading and writing may well be useful in contexts and environments other than learning.
3. A VARK *preference* and *ability* are not always the same. You may know of some people who like to sing (*preference*) but have very little *ability* at singing.
4. Preferences are not hard-wired at birth. They are altered and changed during your formative years through life experiences, education, peer groups, culture...
5. It is important to use your preferences and not somebody else's. You may want to copy the learning strategies of a successful person. That may not work for you, as they may be successfully using their preferences and their preferences may not be yours.
6. Be careful with any form of picture or image. Because an image is on a screen (*YouTube*) it may not be helpful for somebody with a VARK *Visual* preference. If it is "*real, concrete, lifelike...*" or an "*experience that you can easily relate to*" it is more likely to be useful for somebody with a VARK *Kinesthetic* preference. VARK *Visual* is defined as "*graphic*" - using charts, diagrams, maps, logos, designs, plans ... not "*pictures*".

VISUAL HELPSHEET

If you have a strong preference for **Visual (V)** learning you should use some or all of these to take in information:

INTAKE

To take in information use some of these:

maps
overviews, flowcharts
charts, graphs, diagrams
designs, patterns, posters, ...
symbols, highlighters, underlining
different colors, colorful brochures
textbooks with diagrams, models, maps, ...
word pictures - e.g. "marching up the slopes"
different spatial arrangements on the page (like this list)
listening to teachers who use gestures and picturesque language.
whitespace that makes the blank areas around text more significant.
colorful language e.g. "*crashing out of space*", "*circling like vultures*"...

SWOT: STUDY WITHOUT TEARS

To make a learnable package:

Convert your notes into a learnable package by reducing them. Make three pages into one page using your diagrams.

Turn tables into graphs.
Draw pictures to show ideas.
Logos, designs, WordArt, symbols.
Read the words and convert them into diagrams.
Make complex processes and lists into flowcharts.
Redraw your newly designed pages from memory.
Replace the words with symbols, pictures or initials.
Look at your pages. Remember their shape and format and color.
Use all the techniques above to make each study page look different
Reconstruct the images in different ways - try different spatial arrangements on the page.

OUTPUT

To perform well in the examination:

Practise turning your visuals back into words.
You still have to practise writing exam answers.
Recall the "pictures" made by your study pages.
Draw things. Use diagrams to answer the questions.
Recall the interesting and different formats of the pages you made.

You like to see the whole picture so you need some overall diagram to make sense of complex material. You like to see where you are up to. You are often convinced by the look of an object. You are interested in color, layout and design. You are probably going to draw something.