



visual * aural * read/write * kinesthetic
VARK[®]
helping you learn better

VARK NEWS:

ACTIVE LEARNING

January 2024

In this Issue:

Welcome
Active Learning and VARK®
5 Tips for Students
5 Tips for Teachers
The Art of Questioning
Building a Culture of Active Learning
Carol's Corner

WELCOME to 2024 and our very first newsletter!

We're so excited to bring you our first newsletter. With over 1 million people answering our questionnaire every year, it's time to share some more information about **VARK®** and *HOW TO LEARN BEST*.

We have a large number of subscribers, from different environments including education, business, trainers & coaches and individuals wanting to know more for their personal learning opportunities. Each of our monthly newsletters will have a focus and while it may or may not directly relate to your situation, we are sure you'll learn something NEW!

So let's get to it and find out more about this month's topic: **ACTIVE LEARNING!**

Active Learning Strategies and VARK

Educators and learners increasingly turn to **active learning strategies** to boost comprehension and retention of knowledge, with the **VARK®** model serving as a valuable guide. Understanding the distinction between **active** and **passive** learning is essential for optimizing **VARK®** strategies.

What is **Active Learning**?

Active Learning is an approach where learners participate in the learning process by thinking about and applying what they are learning. **Active Learning** encourages participation, reflection and critical thinking. Learners are involved in creating their own knowledge to promote engagement, deeper understanding and long-term retention.

Learn more about:

- **Active Learning**
- Recognition vs Recall
- Using **VARK®** with an **Active Learning** focus
- **Active VARK® Learning Strategies** - Visual, Aural, Read/Write, Kinesthetic

[Learn more](#)

5 Tips for Students: How to "learn actively"



1. Engage actively in class
2. Take effective notes
3. Practice self-quizzing and retrieval exercises
4. Take time to reflect on your learning
5. Apply knowledge through projects and real-world scenarios

[Learn more](#)

5 Tips for Teachers: How to encourage Active Learning



1. Create a dynamic and supportive environment
2. Support collaborative learning
3. Incorporate diverse activities
4. Provide clear objectives
5. Provide feedback and encourage reflection

[Learn more](#)

The Art of Questioning



Asking the right questions can significantly enhance your learning experience, transforming passive absorption of information into an **active**, engaging process.

When you pose thoughtful queries you prompt your mind to analyze and evaluate information. This is at the heart of critical thinking and encourages a deeper understanding of the subject matter.

[Learn more](#)

Building a Culture of Active Learning



An **Active Learning** culture transforms traditional classrooms into dynamic hubs of engagement, curiosity, and collaboration. When students are involved in the learning process, they are likely to develop a deeper understanding and have a longer-term retention of knowledge.

Some common strategies for teachers to build a culture of **Active Learning** in their classrooms, with a particular emphasis on the diverse learning styles identified by **VARK®** include:

- Empowering Student-Led Learning
- Peer Teaching
- Utilizing Technology
- Assessment through Application

[Learn more](#)

Carol's Corner



Hi, my name is Carol Cadigan and I'm part of the **VARK®** team sending this newsletter to you. I have been involved with **VARK®** for a number of years and in 2022 became a part owner with my father, **VARK®** founder Neil Fleming and my husband Colin. I have two grown up children and a very strong READ/WRITE preference. Over the years I have written a lot of lists and notes (with lots of bullet points) for the family. Having others in the family with **KINESTHETIC** preferences is a challenge but knowing our individual learning preferences has certainly helped us to communicate!

This space in the newsletter is for **YOU!**

Do you have any thoughts, questions, comments, a story to tell us or a topic you would like to see in our newsletter? Please email me and we'll see what turns up in next month's newsletter!

[Email Carol](#)



To find out your learning preference(s) go to the **VARK®** Questionnaire and answer 16 simple questions!

[VARK® Questionnaire](#)

Follow Us:



visual * aural * read/write * kinesthetic
VARK[®]
helping you learn better

VARK Learn Limited
115 Aldinga Avenue, Nelson 7011, New Zealand

General Enquiries: contact@vark-learn.com
For more information please visit us at vark-learn.com
©2024 VARK Learn Limited. All rights reserved

[Terms of Use](#) • [Privacy Policy](#)