



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

VARK NEWS:

MULTIMODAL

February 2024

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WELCOME to our February newsletter!

We hope you enjoyed last month's edition - our first **VARK**[®] newsletter ever! If you missed reading it, you can still access and find out all about ACTIVE LEARNING [here](#).

This month's focus is on understanding what it is to be a MULTIMODAL learner. If you have multiple preferences for the way you like to learn and communicate, you are MULTIMODAL. You are also in the majority. **VARK**[®] research has shown that around two thirds of the population are MULTIMODAL, but more on that shortly

We have created some new resources which may be useful if you are involved in Education, Sport and the Arts. The new MULTIMODAL TABLES are a quick reference for MULTIMODAL strategies in these areas.

We also have a newsletter membership discount on Profiles. Find out more below!!

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

What does MULTIMODAL mean?

Being MULTIMODAL means that when learning, you prefer to use two or more of the four **VARK**[®] modalities - VISUAL (V), AURAL (A), READ/WRITE (R) and KINESTHETIC (K).

VARK[®] MULTIMODAL preferences may be bimodal (AK, AR, RK etc), trimodal (ARK, VAR etc) or include all four modalities (VARK). There are, in fact, 13 different MULTIMODAL preferences.



- MULTIMODAL learners are flexible in their learning and communication preferences and can switch from modality to modality depending on what they are working on.
- Learners choose between modalities determined by the nature of the content provided, the topic they are learning about, and the context they are in.

MULTIMODAL learners may find a single mode suits a particular occasion or situation, or they may prefer to gather or process information in additional modes to reinforce the concept. Using multiple modalities may take longer than focusing on just one but leads to a deeper understanding.

Find out more about the benefits of being a MULTIMODAL learner and how to make the most of your MULTIMODAL preferences.

[Learn more](#)

I'm a MULTIMODAL Learner - Now What?

According to our **VARK®** statistics, you are not alone! Of individuals who complete the questionnaire, our statistics show that:

- 20% are BIMODAL – two preferences
- 15% are TRIMODAL – three preferences
- 31% have all four (VARK) preferences

MULTIMODAL learners can select from multiple **VARK®** modalities when learning and communicating. They may select one mode based on context or use a combination to understand a complex topic.

The steps to benefit from being a MULTIMODAL learner is to understand:

- what each of the four **VARK®** modalities mean.
- what your **VARK®** preferences are and how to recognise strategies in different situations.
- how to apply your **VARK®** preferences in learning situations.

Let's find out more!

[Learn more](#)

MULTIMODAL Strategies in Education



Learning in education can be stressful with deadlines for assessments, essay writing, presentations, exams and keeping up to date with the current lectures and tutorials.

Understanding and using MULTIMODAL strategies can help improve your recall of information and understanding of new topics or concepts.

We have created a new resource to assist with learning in Education!

This MULTIMODAL table suggests some strategies you can select from each of your preferred modalities, combining different strategies depending on whether you are:

- attending lectures
- taking notes
- summarizing notes
- preparing for exams
- presenting what you have learned

[EDUCATION TABLE](#)

MULTIMODAL Strategies in the Arts



Even outside of school or an academic setting, we are constantly processing new information. The Arts are a great example of how integrating MULTIMODAL learning strategies can enhance the overall learning experience.

Learning in Music, Dance, Drama and the Visual Arts may require watching or listening to demonstrations, memorizing combinations and routines, making notes or exploring your senses.

If you're MULTIMODAL, you might find a combination of strategies will suit you best. You will find some examples of MULTIMODAL strategies for use in the Arts in the TABLE below.

[ARTS TABLE](#)

MULTIMODAL Strategies in Sport



Whether you're a coach or an athlete, you may be able to recall some methods of training that have been successful, or not so, in the sporting world.

A coach who communicates effectively with their athlete or their team will be the most successful, and at the heart of communication will be understanding the **VARK®** learning modalities.

A MULTIMODAL approach to training allows athletes to select appropriate learning strategies to enhance understanding of tactics, strategies and skill development.

You can find some examples of strategies to improve training and performance in the MULTIMODAL Sports TABLE.

[SPORTS TABLE](#)

MULTIMODAL Strategies in Business



In the workplace it is tempting to continue with the status quo and use the standard “read/write” format of traditional training methods including manuals and policy documents.

From our **VARK®** statistics we know that over 65% of individuals have MULTIMODAL learning preferences and over 80% have some KINESTHETIC learning preference in their results. However, our training programmes do not always take this into account.

One key to effective and engaging training is to understand the different learning preferences of your employees and incorporate strategies to support these in the training environment.

Later in the year we have a newsletter on **VARK® in Business**, including **VARK®** in marketing, onboarding, training, and presenting.

Carol's Corner



Hi! On a recent trip to Australia, I attended a PINK concert (for those who don't know - PINK is an awesome American female singer). In preparation I knew I had to improve my knowledge of her songs, so I downloaded her tour playlist. However no amount of listening to the playlist helped me remember the words!! With my very strong READ/WRITE preference I had to download the lyrics and learn the words off by heart so that I could sing along at the concert! Thankfully I had enough time to do that!

Please let me know if you have some VARK stories, experiences to share or questions you would like answered.

Email Carol

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