

Name: _____

ID: _____

Learn to Learn

What's Your Style?

Want to find out how you learn best — your preferred learning style? Read each situation below. Circle the response — A, B, C, or D — that best suits you. There are no right or wrong answers.

VISUAL

Visual learners prefer to see information in charts, graphs, maps and videos.

AUDITORY

Auditory learners remember information they hear and discuss.

READ/WRITE

Read/Write learners like to learn from books and notes.

KINESTHETIC

Kinesthetic learners want to learn by doing and trying things.

- You like websites that have...
 - things you can click on and do.
 - audio channels for music, chat and discussion.
 - interesting information and articles in print.
 - interesting design and visual effects.
- You are not sure whether a word should be spelled 'dependent' or 'dependant' — you would...
 - see the words in your mind and choose by how they look.
 - hear them in your mind or say aloud.
 - find the word in the dictionary.
 - write both words on paper and choose one.
- You are planning a surprise party for a friend — you would...
 - invite friends and just let the party happen.
 - imagine the party happening.
 - make lists of what to do and what to buy for the party.
 - talk about the party on the phone or text others.
- When making something special for your family — you would...
 - make something you have made before.
 - talk it over with your friends.
 - look for ideas and plans in books and magazines.
 - find written instructions to make it.
- You were selected as a leader for a school program and want to interest your friends in the event — you would...
 - describe the activities you will be doing in the program.
 - show them the map of where it will be held and photos about it.
 - start practicing the activities you will be doing in the program.
 - show them the list of activities in the program.
- Before buying a new digital camera or cell phone, other than price, what would influence your decision?
 - trying it.
 - reading the details about its features.
 - the design and look of it.
 - the salesperson telling you about it.
- Remember when you learned how to play a new computer or board game? You learned best by...
 - watching others do it first.
 - listening to somebody explaining it and asking questions.
 - finding clues from the diagrams in the instructions.
 - reading the instructions.

* Adapted from "It's Up 2U R U Ready" Pathways to Success, Orange County, CA

8. After reading a play, you need to do a project. You would prefer to...
 - A. write about the play.
 - B. act out a scene from the play.
 - C. draw or sketch something that happened in the play.
 - D. read aloud a speech from the play.
9. You are about to set up your parent's new computer — you would...
 - A. read the instructions that came with it.
 - B. phone, text or email a friend and ask how to do it.
 - C. unpack the box and start putting the pieces together.
 - D. follow the diagrams that show how it is done.
10. You need to give someone directions to a friend's house — you would...
 - A. walk with them.
 - B. draw a map on a piece of paper or get a map online.
 - C. write down the directions as a list.
 - D. tell them the directions.
11. You have a problem with your knee. You prefer the doctor...
 - A. shows you a diagram of what is wrong.
 - B. gives you an article or brochure that explains knee injuries.
 - C. describes to you what is wrong.
 - D. demonstrates what is wrong using a model of a knee.
12. A new movie has come out. What would most influence your decision to go see it?
 - A. you hear friends talking about it.
 - B. you read what others say about it online or in a magazine.
 - C. you see a preview of it.
 - D. it is similar to others you have liked.
13. You prefer a teacher who likes to use...
 - A. demonstrations.
 - B. class discussions and guest speakers.
 - C. a textbook and plenty of handouts.
 - D. a diagram, charts, and maps.
14. You are learning to take photos with your new digital camera or cell phone. You would like to have...
 - A. examples of good and bad photos and how to improve them.
 - B. clear written instructions with lists and bullet points.
 - C. a chance to ask questions and talk about the camera's features.
 - D. diagrams showing the camera and how to use it.
15. You have to make a class presentation — you would...
 - A. make diagrams, sketches or get graphs.
 - B. write a few key words and practice aloud.
 - C. write out your speech.
 - D. gather examples and stories to make it real and practical.

The VARK Scoring Chart

Circle the letters that correspond to your answers. For example. If you answered "A" for question 1, circle K in row 1.

Question	Answer A	Answer B	Answer C	Answer D
1	K	A	R	V
2	V	A	R	K
3	K	V	R	A
4	K	A	V	R
5	A	V	K	R
6	K	R	V	A
7	K	A	V	R
8	R	K	V	A
9	R	A	K	V
10	K	V	R	A
11	V	R	A	K
12	A	R	V	K
13	K	A	R	V
14	K	R	A	V
15	V	A	R	K

Tally your scores

Count the number of each of the VARK letters you have circled to get your score .

Total number of V 's =	
Total number of A 's =	
Total number of R 's =	
Total number of K 's =	

Your highest score represents your preferred learning style. Your preferred style is _____ .

If you scored the same on two styles you have a multiple learning style or a multimodal style. Your preferred styles are _____ .

There are no right or wrong answers. No style is better or worse than another. Your quiz results just give you an idea of how you prefer to learn. With that information, you can choose the strategies that will help you learn better and faster.

Learn to Learn

Think about it...you are constantly learning. You are learning how to solve equations and write better sentences. You are learning how to use new apps on your phone. You are learning new strategies to win online games. If you figure out how you learn best, you can learn better and faster. The VARK helped you identify your learning style and how you like to learn. Here are a few learning tips for each style.

● Circle which learning style matches you the best and complete the activities.

Learning Style Tips

Visual learners

learn best when they...

- Use books with lots of pictures, charts, graphs.
- Watch videos about what they are studying.
- Draw what they are learning.
- Highlight their notes in different colors.

Auditory learners

learn best when they...

- Attend class and listen to lectures.
- Discuss information with others.
- Teach someone else what they are learning.
- Read notes and answer questions aloud.

Read/Write learners

learn best when they...

- Read textbooks and take notes.
- Write out information over and over.
- Turn pictures into words.
- Make lists.

Kinesthetic learners

learn best when they...

- Use their bodies to learn.
- Relate learning to past experience.
- Play educational games.
- Write out information.

● Make a Match

Based on what you know about learning styles, can you match each student to his/her style?

- | | |
|---|----------------|
| 1. Berta can't sit still in class...she has to keep moving. _____ | A. Read/Write |
| 2. Juan always has a book with him...he even reads books on his iPad. _____ | B. Kinesthetic |
| 3. Kate's class notes are filled with sketches and drawings. _____ | C. Auditory |
| 4. Carl doesn't take notes...he likes to listen to what the teacher has to say. _____ | D. Visual |

* From "It's Up 2U R U Ready" Pathways to Success, Orange County, CA

● Mr. Madden's students are going on a field trip. He asked you to deliver directions to each one. Based on each person's learning style, can you match up the best way to give him/her directions?

- | | |
|------------------------------------|--|
| 1. Alanna is a visual learner | A. Explain the directions. |
| 2. Jake is an auditory learner | B. Write down the directions. |
| 3. Markus is a kinesthetic learner | C. Draw a map. |
| 4. Maya is a read/write learner | D. Relate the directions to some place he/she has been before. |



● There is a big Social Studies test next week. Based on the description, what study tip would match each person's learning style?

- | | |
|--------------------|---|
| 1. Jake (A) ____ | A. Read the book and fill in missing information in your notes. |
| 2. Alanna (V) ____ | B. Repeat the important information as you jump rope. |
| 3. Maya (R) ____ | C. Review notes and highlight important points. |
| 4. Markus (K) ____ | D. Discuss the information with another student. |

● Use Your Style

My learning style is: _____

Three things I will do to learn better: _____

“Learning is a treasure which accompanies its owner everywhere.”

— Chinese Proverb