

The VARK Questionnaire

Choose the answer which best explains your preference and tick the box next to it. Please tick more than one if a singular answer does not match your perception. Leave blank any question that does not apply.

1 I need to find the way to a shop that a friend has recommended. I would:

- A** Find out where the shop is in relation to somewhere I know
- B** Ask my friend to tell me the directions
- C** Write down the street directions I need to remember
- D** Use a map

2 A website has a video showing how to make a special graph or chart. There is a person speaking, some lists and words describing what to do and some diagrams. I would learn most from:

- A** Seeing the diagrams
- B** Listening
- C** Reading the words
- D** Watching the actions

3 I want to find out more about a tour that I am going on. I would:

- A** Look at details about the highlights and activities on the tour
- B** Use a map and see where the places are
- C** Read about the tour on the itinerary
- D** Talk with the person who planned the tour or others who are going on the tour

4 When choosing a career or area of study, these are important for me:

- A** Applying my knowledge in real situations
- B** Communicating with others through discussion
- C** Working with designs, maps or charts
- D** Using words well in written communications

5 When I am learning I:

- A Like to talk things through
- B See patterns in things
- C Use examples and applications
- D Read books, articles and handouts

6 I want to save more money and to decide between a range of options I would:

- A Consider examples of each option using my financial information
- B Read a print brochure that describes the options in detail
- C Use graphs showing different options for different time periods
- D Talk with an expert about the options

7 I want to learn how to play a new board game or card game. I would:

- A Watch others play the game before joining in
- B Listen to somebody explaining it and ask questions
- C Use the diagram that explains various stages, moves and strategies in the game
- D Read the instructions

8 I have a problem with my heart. I would prefer that the doctor:

- A Gave me something to read to explain what is wrong
- B Used a plastic model to show me what was wrong
- C Describe what was wrong
- D Showed me a diagram of what was wrong

9 I want to learn to do something new on a computer. I would:

- A Read the written instructions that came with the program
- B Talk with people who know the program
- C Start using it and learn by trial and error
- D Follow the diagrams in the book

10 When learning from the internet I like:

- A Videos showing how to do or make things
- B Interesting design and visual features
- C Interesting written descriptions, lists and explanations
- D Audio channels where I can listen to podcasts or interviews

11 I want to learn about a new project. I would ask for:

- A Diagrams to show the project stages with charts of benefits and costs
- B A written report describing the main features of the project
- C An opportunity to discuss the project
- D Examples where the project has been used successfully

12 I want to learn how to take better photos. I would:

- A Ask questions and talk about the camera and its features
- B Use the written instructions about what to do
- C Use diagrams showing the camera and what each part does
- D Use examples of good and poor photos showing how to improve them

13 I prefer a presenter or a teacher who uses:

- A Demonstrations, models or practical sessions
- B Question and answer, talk, group discussion, or guest speakers
- C Handouts, books, or readings
- D Diagrams, charts, maps, or graphs

14 I have finished a competition or test and I would like some feedback. I would like to have feedback:

- A Using examples from what I have done
- B Using a written description of my results
- C From somebody who talks it through with me
- D Using graphs showing what I achieved

15

I want to find out about a house or an apartment. Before visiting it, I would want:

- A To view a video of the property
- B A discussion with the owner
- C A printed description of the rooms and features
- D A plan showing the rooms and a map of the area

16

I want to assemble a wooden table that came in parts (kitset). I would learn best from:

- A Diagrams showing each stage of the assembly
- B Advice from someone who has done it before
- C Written instructions that came with the parts for the table
- D Watching a video of a person assembling a similar table

The VARK Questionnaire: Scoring Chart

Use the following scoring chart to find the **VAR**K category that each of your answers corresponds to. Circle the letters that correspond to your answers.

E.g. if you answered B or C for question 3, circle V and R in the question 3 row:

Question	A category	B category	C category	D category
3	K	V	R	A

Scoring Chart

Question	A category	B category	C category	D category
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	A	V
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	K	A	R	V
16	V	A	R	K

Calculating Your Scores

Count the number of each of the **VAR**K letters you have circled to get your score for each category:

Total number of **V**s circled =

Total number of **A**s circled =

Total number of **R**s circled =

Total number of **K**s circled =