

# VARK Recommended Learning Strategies

## Visual Learners

To take in information:

- Use pictures, videos, posters, slides where the emphasis is on the design (not the sound or the words or the content).
- Use books with diagrams and pictures.
- Use maps and free-drawn plans.
- Use flowcharts, decision trees, family trees, organizational charts, graphs.
- Turn tables of figures into graphs.
- Read the words and convert them into your own-designed diagrams.
- Consider using different fonts, UPPER and lowercase letters, underlining, different colours, and highlighting, as appropriate to the individual.
- Use symbols @, #, & and white space; the extra spaces between text and diagrams.
- Try different spatial arrangements on the page.

## Aural Learners

To take in information:

- Join or set up discussion groups. Discuss topics with others. Argue your case.
- Comment on ideas as soon as you get an opportunity.
- Repeat information to others and use your voice to show your emphases.
- Explain new ideas to other people.
- Check out their ideas with yours.
- Listen to your own self-talk, have conversations with yourself.
- Use voice recorders, listen to podcasts.
- Shift any pictures and graphs into talk and chat.
- Pay attention when others are speaking.
- You sometimes pretend to listen while preparing your response.

## Read / Write Learners

To take in information:

- Use lists (like this one).
- Use titles and headings that clearly explain what follows.
- Use bullet points and numbered paragraphs.
- Use dictionaries and glossaries, articles about trends in word usage.
- Spell-check; correct written language errors.
- Read handouts.
- Read books that are dense with text, essays, manuals, reading lists.
- Use definitions, constitutions, legal documents, minutes and rules.
- Write notes.
- Get information from people who use words well and have lots of information in their sentences.
- As you listen, sort out what they are saying into your own categories and lists.

## Kinaesthetic Learners

To take in information:

- Use all your senses – sight, touch, taste, smell, hearing.
- Use hands-on approaches.
- Read case studies.
- Watch videos, especially those that show real things.
- Look at exhibits, samples, photographs.
- Attend laboratory and practical sessions.
- Use surveys, field trips and interviews.
- Use recipes and solutions to problems.
- Take notice of real-life examples and personal stories.
- Look for examples of principles.
- Learn by trial and error.
- Look for opportunities to apply what you have learned.
- Use actions to help your understanding.