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## DETERMINING AND UNDERSTANDING YOUR LEARNING STYLE WITH VARK

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VAR K is a questionnaire that provides you with a profile of your learning preferences. These preferences determine the ways that you best take in and put out information. The questionnaire alerts you to the variety of different approaches to learning and helps you identify ways to implement these approaches throughout your academic career.

Visit <http://vark-learn.com/english/index.asp> to begin a short questionnaire. The results of the questionnaire are instant, so you may compare them to the recommended strategies listed below. Take note of the strategy or strategies that best represent your learning style. Next, begin to implement some of those strategies throughout your academic pursuits. With practice, these strategies will improve your chances for academic success at Ranken.

VAR K is an acronym in which each letter represents a different learning style with unique study strategies:

- V = Visual** (using the sense of sight)
- A = Aural** (using the sense of hearing)
- R = Read/Write** (creating and reviewing written material)
- K = Kinesthetic** (using senses pertaining to muscles, touch and movement)

VAR K provides strategies for each style in order to effectively:

1. **Input** – take in the information
2. **Study without tears** – make a learnable package
3. **Output** – perform well on any test, assignment or examination

Once you determine your learning style or styles, understanding the VAR K methods can help you create a personal approach for successful learning. Details for each method may be found at the following online locations and may also be easily found from the VAR K homepage:

**Visual:** <http://vark-learn.com/english/page.asp?p=visual>

**Aural:** <http://vark-learn.com/english/page.asp?p=aural>

**Read/Write:** <http://vark-learn.com/english/page.asp?p=readwrite>

**Kinesthetic:** <http://vark-learn.com/english/page.asp?p=kinesthetic>

**Multimodal** (for the large number of learners who utilize multiple methods):  
<http://vark-learn.com/english/page.asp?p=multimodal>

**To further discuss ways to maximize the benefits of incorporating your learning style throughout your academic pursuits at Ranken, visit with a Student Success Center staff member.**