

### Directed Learning Activity

#### VARK Learning Styles

**Outcome:** The objective of this activity is for you to do some self-exploration of your learning preferences and read about some study strategies you may want to use in your classes. Read the directions below and answer the questions at the bottom thoughtfully and carefully.

1. Go to [www.vark-learn.com/the-vark-questionnaire/](http://www.vark-learn.com/the-vark-questionnaire/)
2. Answer the 16 questions and click “ok.”
3. Look at your visual, aural, read/write and kinesthetic scores and record them below:

Visual \_\_\_\_\_

Aural \_\_\_\_\_

Read/write \_\_\_\_\_

Kinesthetic \_\_\_\_\_

According to the test, what is your learning preference?

4. Click on one of the learning preferences you have with the highest score.
5. Read about that learning preference and answer the following questions on a separate sheet of paper:
  - a. Write a short explanation of the learning preference you chose.
  - b. Do you agree with your highest score? Explain your answer.
  - c. For the learning preference you clicked on, which study strategy do you think you could use the most?

#### Tutor Review:

1. Ask a Literacy Center tutor to review your information and receive final confirmation.

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Tutor Signature

Date

Stamp