

THE VARK QUESTIONNAIRE, VERSION 7.1

This questionnaire is designed to tell you about your preferences in working with information. Choose answers that explain your preference(s). Select as *many boxes as apply to you*. If none of the options applies to you, leave it blank. (You can also take the VARK online at www.vark-learn.com/english/page.asp?p=questionnaire.)

1. You are helping someone who wants to go to the airport, town center, or railway station. You would:
 - ☐ A. go with her.
 - ☐ B. tell her the directions.
 - ☐ C. write down the directions (without a map).
 - ☐ D. draw a map, or give her one.
2. You are not sure whether a word should be spelled "dependent" or "dependant." You would:
 - ☐ A. see the words in your mind and choose by the way they look.
 - ☐ B. think about how each word sounds and choose one.
 - ☐ C. find it in a dictionary.
 - ☐ D. write both words on paper and choose one.
3. You are planning a holiday for a group. You want some feedback from them about the plan. You would:
 - ☐ A. describe some of the highlights.
 - ☐ B. use a map or Web site to show them the places.
 - ☐ C. give them a copy of the printed itinerary.
 - ☐ D. phone, text, or e-mail them.
4. You are going to cook something as a special treat for your family. You would:
 - ☐ A. cook something you know without the need for instructions.
 - ☐ B. ask friends for suggestions.
 - ☐ C. look through a cookbook for ideas from the pictures.
 - ☐ D. use a cookbook where you know there is a good recipe.
5. A group of tourists want to learn about the parks or wildlife reserves in your area. You would:
 - ☐ A. talk about, or arrange a talk for them, about parks or wildlife reserves.
 - ☐ B. show them Internet pictures, photographs, or picture books.
 - ☐ C. take them to a park or wildlife reserve and walk with them.
 - ☐ D. give them a book or pamphlets about the parks or wildlife reserves.
6. You are about to purchase a digital camera or mobile phone. Other than price, what would most influence your decision?
 - ☐ A. trying or testing it
 - ☐ B. reading the details about its features
 - ☐ C. thinking that it is a modern design and looks good
 - ☐ D. hearing about its features from the salesperson
7. Remember a time when you learned how to do something new. Try to avoid choosing a physical skill (e.g., riding a bike). You learned best by:
 - ☐ A. watching a demonstration.
 - ☐ B. listening to somebody explaining it and asking questions.
 - ☐ C. diagrams and charts—visual clues.
 - ☐ D. written instructions—e.g., a manual or textbook.
8. You have a problem with your knee. You would prefer that the doctor:
 - ☐ A. give you an online source or written materials to read about your problem.
 - ☐ B. use a plastic model of a knee to show what was wrong.
 - ☐ C. describe what was wrong.
 - ☐ D. show you a diagram of what was wrong.

9. You want to learn a new program, skill, or game on a computer. You would:

- ☐ A. read the written instructions that came with the program.
- ☐ B. talk with people who know about the program.
- ☐ C. use the controls or keyboard.
- ☐ D. follow the diagrams in the book that came with it.

10. You like Web sites that have:

- ☐ A. things you can click on, shift, or try.
- ☐ B. interesting design and visual features.
- ☐ C. interesting written descriptions, lists, and explanations.
- ☐ D. audio channels where you can hear music, radio programs, or interviews.

11. Other than price, what would most influence your decision to buy a new nonfiction book?

- ☐ A. Thinking it looks appealing.
- ☐ B. Quickly reading parts of it.
- ☐ C. Hearing a friend talk about it and recommend it.
- ☐ D. Its real-life stories, experiences, and examples.

12. You are using a book, CD, or Web site to learn how to take photos with your new digital camera. You would like to have:

- ☐ A. a chance to ask questions and talk about the camera and its features.
- ☐ B. clear written instructions with lists and bullet points about what to do.
- ☐ C. diagrams showing the camera and what each part does.
- ☐ D. many examples of good and poor photos and how to improve them.

13. You prefer a teacher or a presenter 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, or graphs.

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

- ☐ A. using examples from what you have done.
- ☐ B. using a written description of your results.
- ☐ C. from somebody who talks it through with you.
- ☐ D. using graphs showing what you had achieved.

15. You are going to choose food at a restaurant or café. You would:

- ☐ A. choose something that you have had there before.
- ☐ B. listen to the waiter or ask friends to recommend choices.
- ☐ C. choose from the descriptions in the menu.
- ☐ D. look at what others are eating or look at pictures of each dish.

16. You have to make an important speech at a conference or special occasion. You would:

- ☐ A. make diagrams or get graphs to help explain things.
- ☐ B. write a few key words and practice saying your speech over and over.
- ☐ C. write out your speech and learn from reading it over several times.
- ☐ D. gather many examples and stories to make the talk real and practical.