Directed Learning Activity #1

VARK Learning Styles

**Directions:** 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.

2. Click on Questionnaire
3. Answer the 16 questions and click ok
4. 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?

5. Click on one of the learning preferences you have with the highest score.
6. Read about that learning preference and answer the following questions:
   
   a. Do you agree with your VARK scores? Why or why not?

   b. For the learning preference you clicked on, which study strategies do you think you could use the most?