

Vark analysis paper

[Education](#), [Learning](#)



VARK Analysis Paper Grand Canyon University: NRS-429v Family Centered Health Promotion May 05, 2013 Introduction The learning is a insatiable curiosity that drives a individual to absorb everything he or she reads, hear or sees. Learning is process by which information is acquired, retained and reproduced when necessary. Learning involves understanding the world by reinterpreting knowledge. There are various ways of learning that are used by the individuals to acquire knowledge. Neil Fleming developed and perfected the art of visual, aural, read/write, kinesthetic (VARK) learning. This method makes user understand their learning style. Neil Fleming developed a questionnaire that contains sixteen questions, which when answered, according to the perception of the individual, produces answers about the individuals learning style. By identifying the best preferred way of learning, it can help individual to acquire knowledge faster and also help retain acquired knowledge, thus resulting in better academic performance. Learning style R's learning style is mildly kinesthetic learning. R's VARK questionnaire results were visual: 9, aural: 4, read/write: 5, kinesthetic: 14. Kinesthetic learners learn best by moving their bodies. These types of learners are often called as hyperactive as children and have good coordination, sense of timing and strong body movement. One other thing that is unique about the kinesthetic learner is that they often tap, wiggle and move their legs when they sit. Kinesthetic learners are excellent in working well with their hands. They are good at sculpting, repairing, and art works. A kinesthetic learner tends to use all their senses — touch, sight, smell, taste and hearing. They prefer to experiment, use trial and error method and also use more hands on approach for acquiring knowledge. Learning Strategies

R's preferred learning strategies should include, spending more reading course book, articles and other academically relevant study materials. Author should take details notes of the instructions provided in the class room or online lecture notes. Making lots of small notes and small diagram in the class to cover all the subject matter taught. Use plenty of real life examples in the written assignments and also remember to add case studies and applications to assist with the principles and abstract concepts. Author should talk about his written notes with another kinesthetic learner. Using photographs, pictures and diagram to illustrate an idea. Taking field trips, field tours and doing practical laboratory experimentation is imperative to incorporate in the new preferred learning strategies. Difference between preferred learning strategies to identified strategies Preferred learning strategies includes doing more research, more time reading course books, meticulous research on the internet. Repeatedly reading targeted subject matter to acquire and retain more knowledge. Making detailed notes including diagram, which have been presented in the class room or internet lecture notes. On the other hand identified strategies includes more hands on approach of learning. Giving real life examples is also very important component of identified strategies. Relying more on pictures, photographs, field trips, field tours and practical laboratory experiment to gain knowledge. Changes needed to be made in studying habits If the author needs to become successful in this academic carrier, he needs to constantly evaluate his learning habits and make necessary changes, to gain maximum results. Practice writing and spending more time reading different books, reviewing articles related the course and being consistent in his studying approach is a

good way to start. Focusing more on reviewing different articles and books written by different authors to get different prospective about subject matter. Regularly reading the syllabus and the grading rubrics. Author should do plenty of internet research and cross referencing it with Grand Canyon University library site. Author also needs to get proficient in using APA formatting and organizing the thoughts into content. Conclusion In this modern age, where economic recession is the part of daily life, finding jobs are becoming harder and harder. To stay ahead in this competitive environment, perusing higher education is imperative. To become successful in the academic carrier, finding out the individual learning style that suites them is very important. Just using one style of learning is not enough to become successful, using comprehensive approach of learning and including all modalities of learning including the visual, aural, read/write, kinesthetic (VARK) is essential. Students need to continue to push on and pursue their carrier to reach the highest academic ladder, which is in turn going to benefit them and the society. Reference: Fleming, N. (n. d.). Kinesthetic. VARK A Guide to Learning Styles. Retrieved July 21, 2012, from www.vark-learn.com/english/page.asp?p=kinesthetic# <http://www.vark-learn.com/english/page.asp?p=kinestheticprint> <http://infed.org/mobi/learning-theory-models-product-and-process/> Zhou, M. (2011). Learning Styles and Teaching Styles in college English teaching. *International Educational Studies*, 4(1), 73-77