

# Good the vark questionnaire: how do i learn best essay example

[Profession](#), [Student](#)



VARK is an acronym for (Visual, Aural, Read/Write and Kinesthetic). It is a learning style which illustrates various ways in which individuals take information, process, and store and later recall what they have gathered and learned from the exercise. It is a special model that focuses on the superlative way in which students learn and retain information they have acquired in various forums. VARK model is ideal in enabling one to identify the best learning style that suit their personality, skills, preferences in studying and also their level of understanding. Notably, learning styles can be identified as aspects consisting of multimodal and writing and also auditory and reading preferences. Writing and reading go hand in hand and they are commonly seen as a thing of the past, VARK is a platform that enables students to incorporate auditory learning and acquire the latest information in a much convincing way (Caulfield, 2011, p. 115).

## **Learning Style**

A person is said to be multi-modal if he or she loves the following categories; reading, aural and writing. The aural mode is comprised of either spoken or heard information. In our society today, speech is the major mode of communication used to pass information. Ideally, aural students can improve their skills through speaking, via phones, talking things through, lectures and also through group work (Talbot, 2010, p. 78). These strategies are ideal in enhancing students learning skills. However, it is found that writing and reading are the strongest methods of learning among individuals which suggests that, indeed people have preferences for information conveyed as words. This argument suggests that, people who use VARK are beginning to use certain information from books and when writing some material. This

method is of paramount importance as it helps individuals to process and retain information they have acquired for a longer time as compared to listening and reading.

After filling in the questionnaire, the following results: 8: Visual, 10 and 11: kinesthetic, 6: Aural, read/write. According to VARKs scores, Kinesthetic is most preferred learning style. It is of paramount importance for educators and instructors to incorporate each student's strategy of learning to their individual strategies. This intervention will enhance students' progress and engagement in academics. People remember and understand more when they read. For instance, one can opt to read a magazine instead of watching a particular program on TV. In regards to this, students are required to note down the schedules so as to keep track on all their schedules. Books and essays have been identified as the most preferred ways of learning in most scenarios because when information is displayed as power points, internet or word, one is in a good position recall a lot.

Using VARK obliges one to understand and comprehend all aspects pertaining to what is required in the questionnaire for instance; it alerts an individual to numerous key approaches to learning. It is ideal in supporting people who have had challenges with their studying skills, especially learning and also applications that are used in education, training, in business and seemingly in sports. It is after identifying learning preferences that students are in a position to study reasonably effectively, recall and also store the information they have acquired in a given duration. The Kinesthetic category which is abbreviated as (K) is ideal in enabling one to contemplate using multi-sensory experiences. It is after taking a test that one realizes that they

have a strong kinesthetic preference for learning. Subsequently, after taking in the information, an individual opts to use all their senses: sight, hearing, smell and taste to enhance their skills.

Subsequently, it is only being in a good position to produce knowledge gained from self-study, educational institution and observation, that learning is complete. However, efforts to retain knowledge depend entirely on the manner in which a student gains knowledge as because learning styles vary from one person to another. Finally, it is coherent at this point to note that VARK is indeed a unique way of alerting people the diverse tactics to learn (Van, 2012, p. 145). It enables learners to identify coherent ways of acquiring data and later make use the evidence they have, in reading and conversing. In addition, it gives one much perception to certain learning preferences and ideas that help to acquire and gain information.

## References

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