

Vark analysis paper



After taking some time and examining the questionnaire that was completed, it showed a multi-modal learning style. This writer showed a highly aural learning preference coupled visual and kinesthetic learning preference that match exactly. This is great to have and it shows this writer is well prepared to sit in college classrooms and live forums and be able to interact with presenters and others with live discussions. This writer also does very well with others when there are a lot of visual aids and hands on participation.

In looking at the summary of this writer's current positions that the writer holds and participate in, it is very evident that these modes are an active and very present force in this writer's life. Case in point, this writer participates in safe kid's coalition. Safe kid's coalition allows this writer to interact one on one with parents and kids. This writer present's car seat clinics and show parents how to fit and secure child safety seats in their cars. This is the writer's kinesthetic side coming out and it shows. The aural side comes out with the writer being the Anoka county safe kid's chair.

This writer participates with others in managing and setting up other safe kids programs in other counties. This writer provides educational safety hand outs to others and also takes in other presentations as well. This writer then uses these ideas in the writer's presentations as well. This is great. As a RN, this writer is hands on with patient's everyday as well. This is the writer's kinesthetic side showing as well. Now, in order to completely assess and provide this writer some help on their learning style, this will explain some things the writer can do so that all of your VARK assessment scores come in line with each other.

The writer said that they prefer to listen and do hands on. The writer also said that they do not prefer to read or write which can hamper their studying. Reading is an essential part of the VARK learning style. In college, the writer will be forced to do a lot of reading and summarizing for classes. Note taking is essential in these classes as well. One of the strategies this writer can do to take the pressure off of reading a large amount of information is to read and summarize in portions. What I mean by this is, say for example this writer is required to read two chapters of an intro to psychology book.

Based on the writer's learning style, this would be a daunting task. However, the strategy that can help this writer make this a workable experience will be to summarize in sections. What I mean is, as this writer reads two or three paragraphs of the text, take notes on flash cards and if need be, draw pictures on the cards. Doing this helps this writer to be able to recall the information at the end because it will be in this writer's own words. This is a strategy people take in being able to digest and break down this type of information.

Without this, the writer will have a very hard time during test taking. This writer can also pair up with others after this writer has done the reading and summarizing and use the writer's highly aural learning and share the writer's notes with others and they can do the same. This strategy can help this writer with this type of studying. This will then provide the writer with a different perspective of what this writer is studying. If this writer tries to stick with the three modes that the writer is accustomed to, you will find this type of learning very difficult.

It is very important to not worry about missing other perspectives on a problem or making a major decision on insufficient evidence. If this writer uses their aural learning coupled with their read/write learning, this writer will have success. This writer just needs to have the confidence to be able to do it. Most people use just one and this is evident during test taking. So as this writer looks at the results of the questionnaire, and summarize the results, Keep in mind the VARK is only meant to provide this writer insight as to what their learning style is.

It is not something that is set in stone and resistant to change. The western educational system and businesses place a lot of emphasis on read/write. Most teachers and professionals place a high importance on this style of learning as well and they are rigid to change. This writer must find a way within the VARK to make this work. This writer can use tape recorders and play back the read/write and find a way to make it work. In essence, adapt the style to fit this writers needs. Understand that athletes re highly kinesthetic and visual. In order for them to understand what they need to do for their particular sport, coaches and trainers must also be able to switch to aural and read and write to get them to understand concepts for their sports. Just because this writer gravitates toward a certain mode does not mean this writer is a failure. It just means that this writer will have to make it work for them. Keep working and this writer will be able to find ways to help others with the same strengths that this writer possess. Good luck.