Vark assessment

Formal Paper: VARK Learning Style Baromie F. KoromaGrand CanyonUniversity NRS-429V: FamilyCenteredHealthPromotion Professor: JenniferWood 03/03/13 1. It is known that every individual in a scholastic setting has a different way of comprehending or taking in information, an exercise that is symbolized by their exclusive learning style. With one realizing their own learning style will not only convey which courses or subjects they are competent at, however will also enlighten them of the greatest active way of learning and reading for the areas of any subject.

In 1987, Neil Fleming designed the VARK learning style assessment which is a questionnaire that has questions that which answered by a person will lead to four scores that gives up to five study strategies which are: Visual, Aural, Reading/write, and Kinesthetic (Fleming, 2011). The way in which these scores add up informs a person where they fall within the five areas of learning strategies which is crucial to theeducationof every individual.

This paper will elaborate in enormous fragment multimodal as the author took the VARK assessment and realized she is a multimodal learner. It will also compare and contrast preferred learning strategies with the VARK learning strategies and appraises any changes needed to improve study habits. The author use to think that she learn best from reading and writing of every bit of information, but after taking the VARK assessment she realized that she is a multimodal with scores of visual 6 , aural/auditory 4 , reading/write 9 and Kinesthetic 8.

This means that the author requires two or more methods of learning to be an effective learner. Context approach learners and the whole sense approach learners are the two types of a multimodal learner. The context

approach is used if an individual has 0ne, two or more solo preferences to learning and using those independently based on the situation (Learning Styles, 2013). An example of this will be the uthor is a visual and kinesthetic learner and she is learning hair braiding from a friend, she would not just stand there looking at the friend braiding someone else hair, but she would actually practice by doing one or more braids. The whole sense learner requires receiving information or instructions in a diverse ways in order to convince it all been received and understood correctly. For the whole sense learner, more time is needed to feel more poise in making decision.

They have a tendency of having VARK scores of more than 30 without ultimate boundaries (Fleming, 2011) which is not the author style of multimodal learning. Even though the author learns in so many different was her learning choice is to read/write followed by hands on experience to know how something really works, in a proficient manner and the other strategies are used as bonus backing for my better learning. As a multimodal with a preference of read/write and kinesthetic, this author likes to read books including novels and textbook and do some research prior to attending any class.

She takes class notes and rewrites them over and over, reread them continually, rewrite them into outline form and list them in orderly manner. The author also learn better with a list or outlined instructions to follow during a lecture and also like to study by herself in a quietenvironmentwhich has been very helpful during the past weeks with her online studies as she is not reliant on essentially hearing the lectures which would have permit her to be in a classroom for each and every lecture.

The author also likes to make flashcards of terminology words to be known and a highlighter pen to underline key points on a textbook or flashcards. She also learns through corporal comfort, drawing images, sample test and making copies. An example of making copies will be printing out my class syllabus at the beginning of each class to avoid loging in to the classroom every time I vital information like assignment for the is needed. Nevertheless this author has a preference of read/write and kinesthetic, she also benefits from Aural and Visual learning style.

Aural learns the data given when it is used in an audio way. Talking, listening andmusicare all methods that help an aural learner. They tend to learn better when they can hear instructions and voice the answers. This author uses this learning style by conversing with people about her topics and assignment to acquire a well understanding of it. A visual learner understands information well if they can see it. Their visualization abilities are tough and like to use charts, graphs and images.

The author uses this learning style by underlying and printing out material in different colors that allows desirable data to stand out above data that is not relevant to what she is learning. The author's preferred learning strategies and the VARK strategies in read/write and kinesthetic are actually similar. Visual and aural modalities are less often use by the author. The author is more comfortable in writing/studying and practice context using hands on (kinesthetic) technique. However, the author needs to comprehend the big image to have a clear understanding of the topic in place.

Changes that would improve study behaviors from aural modality include using a tape recorder to place notes on and listen to it. From the visual

modality, the author will Use materials such as, PowerPoint, Maps or videos to aid in remembering of data given. In conclusion, by knowing a preferred learning style one can use their own strong point to better process data, and organize their learning andcommunicationand also create a more effective learning environment and make learning more efficient.

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