

Examples of meeting VARK learning preferences

Learning preferences can change over time depending upon many factors, such as lifestyles or particular events. This table gives some examples of meeting the VARK learning preferences for various topics. However, it's best to use a mixture of each to ensure variety during your sessions for all learners. Not everyone believes in learning preferences due to a lack of credible research. A VARK questionnaire can be completed at: <https://vark-learn.com/>

| Topic | Visual | Aural | Read/write | Kinaesthetic |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------|
| Answering the telephone | Watching a demonstration, viewing an electronic presentation and/or online video Looking at a handout | Listening to instructions and recordings, asking questions | Making notes, reading instructions and handouts | Carrying out the task for real or partaking in a role play activity |
| Decorating a cake | Watching a demonstration, viewing an electronic presentation and/or online video | Listening to instructions, asking questions | Making notes, reading instructions and handouts | Carrying out the task for real |
| Practising interview skills | Viewing a film or online video Watching others act out an interview | Listening to instructions, asking questions, discussing scenarios with others | Reading handouts, making notes | Partaking in a role play |
| Remembering historical dates | Viewing a film or online video Looking at a handout or presentation | Listening to instructions, discussing dates with others | Reading text books and handouts, researching and writing dates and facts | Researching the internet, partaking in a role play or quiz |
| Using a digital device, program or app | Watching a demonstration, viewing an electronic presentation or video | Listening to instructions, asking questions | Making notes, reading instructions and handouts | Carrying out a task using a computer or other device |