Learning Strategies 10 – 12

Module 1 – Assignment 1

Personal Skills Inventory

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This Assessment is designed to make you feel comfortable understanding the various learning styles that are present in learning. VARK, is simple online assessment that was created in 2007. Go to the website below, and complete the VARK assessment and answer the following questions.

Website: [www.vark-learn.com](http://www.vark-learn.com)

Questions: Complete these prior to the test (ANSWER IN COMPLETE SENTENCES)

1. What Do the letters in VARK represent? (4 pts)
2. Prior to starting the test, what learning style do you feel best fits you, explain your answer.(4 pts)
3. Why does the VARK questionnaire have only 16 questions? (1 pt)
4. According to the VARK database, is there a difference between learning styles in men and women—if so, what are they? (4 pts)
5. VARK states that motivation is not reflected in its testing, yet is a huge part of education. Why do you think this is? (3 pts)
6. Aside from the general learning styles outlined in VARK, what are some other key elements that impact how we learn (Look in the FAQ under learning styles) (4 pts)

Questions: Complete these after the test (ANSWER IN COMPLETE SENTENCES)

1. What was your VARK ranking? (4 pts)
2. Explain 2 ways to study and output information for each VARK style. (6 pts)
3. Why do you think it would be a good thing to be multimodal? (2 pts)
4. Name 3 ways you can improve your own learning based on the results of your test. (3 pts)

Total Point Value of Assessment 35 pts