

VARK Questionnaire: How Do You Learn Best?

Learning Style Self-Assessment (VARK-Inspired)

Select the answer that best describes how you prefer to learn. There are no right or wrong answers — choose the option that feels most natural to you.

1. When learning a new veterinary skill, I prefer:

- ☐ A. Watching someone demonstrate it first.
- ☐ B. Listening to an explanation and asking questions.
- ☐ C. Reading written instructions or protocols.
- ☐ D. Practicing the skill myself.

2. If I am studying for the VTNE, I learn best by:

- ☐ A. Reviewing diagrams, charts, and images.
- ☐ B. Participating in discussions or listening to lectures.
- ☐ C. Reading study guides and taking notes.
- ☐ D. Working through case studies and practice questions.

3. When someone gives me directions, I prefer:

- ☐ A. A map or visual guide.
- ☐ B. Verbal instructions.
- ☐ C. Written directions.
- ☐ D. Walking through the route myself.

4. When learning about anesthesia monitoring, I would rather:

- ☐ A. Review monitor screenshots and graphs.
- ☐ B. Hear an instructor explain what is happening.
- ☐ C. Read a guide on anesthesia parameters.
- ☐ D. Work through anesthesia cases and scenarios.

5. When preparing for an exam, I typically:

- ☐ A. Use charts, flashcards, and visual aids.
- ☐ B. Study with others and discuss concepts.
- ☐ C. Rewrite notes and read study materials.
- ☐ D. Complete practice tests and apply concepts.

6. When solving a difficult problem, I usually:

- ☐ A. Draw it out or create a diagram.
- ☐ B. Talk through it with someone.
- ☐ C. Write down the information and organize it.
- ☐ D. Try different solutions until I find one that works.

Scoring & Your Results

Count how many times you circled or checked each letter across all 6 questions, and write your totals below.

A (Visual)	B (Auditory)	C (Read/Write)	D (Kinesthetic)
_____ / 6	_____ / 6	_____ / 6	_____ / 6

Whichever letter has the highest count is your dominant learning style. If two or more letters are tied for the highest count, you likely learn through a mix of styles — see “Mixed Results” below.

Mostly A's: Visual Learner

Learns best through diagrams, charts, videos, and visual organization.

Mostly B's: Auditory Learner

Learns best through discussions, lectures, and verbal explanations.

Mostly C's: Read/Write Learner

Learns best through reading, note-taking, and written materials.

Mostly D's: Kinesthetic Learner

Learns best through hands-on practice, case studies, and application.

Mixed Results

Many learners use multiple learning styles. The VTNE Masterclass includes visual resources, discussion opportunities, written study guides, and case-based exercises to support a variety of learning preferences.

Reflection: Based on your results, what study methods do you plan to use during the VTNE Masterclass to maximize your success?
