VARK Analysis paper

[Name of the Writer]

[Name of the Institution]

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**Introduction**

Every human in this world is unique. Different people have different learning styles that help them out in learning new things and grabbing new concepts. The term “learning styles” refers to the preferred way or the appropriate method in which a person receives, absorbs, processes comprehends and retains information. There are multiple learning styles, which suits a person according to their personality type and learning capability.

As there are a number of learning styles, there is a variety of techniques as well to check and determine the specific learning style, which suits a specific person. These techniques comprise of various tools like surveys and tests. One of these techniques is the VARK test. The VARK test is the abbreviation of visual, aural, read/write and kinesthetic and is a very effective tool to check the learning preferences of any person (Drago, & Wagner, 2004). It is a questionnaire that consists of 16 questions and can be easily found at <http://vark-learn.com/the-vark-questionnaire/>.

I took the VARK learning style test recently and I was learned a lot about my learning styles. The results were exactly according to my expectations and I was pretty much pleased to see the accuracy of the results.

**Discussion**

**My Learning Style Summary**

The results of my VARK Test showed that my preferred learning style is Multimodal (AK). The detailed scoring allowed me to know that I had scored 4 in the visual section, 1 in the read/write section, 14 in the Aural section and 15 marks in the Kinesthetic section. A combination of two more preferences meant that the person had a multimodal learning style.

**Comparison of my current learning style with my identified preferred learning style**

In my opinion, my preferred learning style was more of a kinesthetic sort of a style. The kinesthetic style of learning comprises of making use of all the senses in understanding and grasping the knowledge about any concept. Moreover, a person with a kinesthetic style of learning prefers to learn the thing through his or her own experience, rather than listening or reading it through someone else’s eyes of experience.

I, personally, always prefer to learn from my own experience. I like to experiment and experience things, rather than listening about it from some other person or reading about it from some source. I prefer to experience various concepts on my own and then derive inferences out of it, based on my own personal encounter. It helps me develop a clearer and elaborated understanding of the notion.

**Importance of the identification and understanding of the individual learning style for a learner in the education sector**

The identification and understanding of the individual learning style proves to be of immense importance in the case of the education sector. It is beneficial for both the learner and the educator. If viewed from a learner’s perspective, it can prove to be greatly advantageous for a student or a learner as they can get know-how about their preferred learning style and adopt various means to grasp the concepts according to them.

In case of the educators, like teachers, professors and even researchers, the identification and understanding of the individual learning style is of extreme importance as it helps in determining the unique learning style of each and every student. It would not be wrong if said that the identification and understanding of individual learning style plays a key role in the career of an educator, it won’t be wrong (Nisbet, & Shucksmith, 2017). The various strategies of identifying a student’s specific learning style and understanding it facilitate the learning process as the educator may adopt that those measures and means through which the student learns quickly.

**Importance of understanding of learning styles in the promotion of health care**

The identification and understanding of the unique learning style of every individual prove to be greatly helpful in the area of health care as well. By understanding the individual learning style of every patient, a medical practitioner may adopt the suitable mode to explain the complication of the disease from which the patient is suffering (Liu, et al., 2014). This approach does not only apply to the patients but can also be used while disseminating knowledge to the friends and family of the patient.

Identification and understanding of unique learning styles may pave a way in bringing behavioural changes within a patient. This technique is especially beneficial in the case of very old or very young patients, to whom the deliverance of the complications of any issue is tough and who are usually easily irritated if they do not fully understand anything.

**Conclusion**

In short, it can be seen that the understanding of the individual learning style is very much important, especially in the field of education. It is both helpful for the teachers as well as the students in identifying their preferred learning style and then adopting those means or modes which suits their preferred learning style. There are various methods that can be used to determine a person’s individual learning style and preferred capability. One of the most effective methods out of all the techniques being used is the VARK test. VARK test provides amazing accurate results and provides a description of the identified preferred learning style as well.

Moreover, the identification of the individual learning style also helps significantly in improving the quality of health care in different health care units and departments. Once a service provider learns that what specific learning style work for an individual, they can adopt those strategies and try to explain the procedures to the patients in that certain way.

**References**

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