**VARK Questionnaire**

**Name**

**ID**

Florida International University

Month Year

The VARK questionnaire identified four fundamental styles of learning in the human being: Visual, Auditory, Written and Kinesthetic. It is named as VARK, formed by the initials of these four concepts. According to the VARK Questionnaire, my learning preference is multimodal and that is nothing else than the combination of the previous four terms. In this questionnaire, I scored 6 in Visual, 12 in Aural, 9 in reading/writing, and 7 in kinesthetic. It is noted that approximately, 60% of people combine several mechanisms of study, although the normal thing is that one (or at most two) predominates over the others.

My preferred learning strategies are Structural strategies, which stimulate active learning by cheering students to mentally pick relevant pieces of information and relate them to one another in a structure. It is not sufficient for the tutor to tell the student to make figures and summaries. These will merely be valuable if the student knows how to do them. It is therefore interesting and productive that teachers instruct their students on how to achieve them. The most difficult aspect of this training is to teach to detect the most relevant or significant aspects of a text or an exhibition. The effect of these techniques on learning can be deduced quickly. When organizing the material into closely linked minor concepts, it is simpler to access. Furthermore, by making intense relations between these concepts, it will be simpler to access the rest of the info in the memory (Alkooheji & Al-Hattami, 2018).

While comparing to the identified learning strategies, the VARK strategies have their importance in the learning process. Visual style refers to the ease of some students to acquire knowledge through images, whether graphics, diagrams, videos, photographs or maps. For these students, an image is worth much more than a thousand words. Some people, on the other hand, learn better by listening. In this case, the predominant learning style is auditory, whose learning tool is all kinds of recordings. This style is especially important in the learning of languages.

The reading and writing style is the classical form of knowledge, which does not need multimedia files or interactive graphics, but books and notes with which to learn large amounts of information, both by writing and reading. The last learning strategy, and possibly the least usual of them all, is Kinesthetic. This term refers to everything that is memorized through the body, in many cases almost unconsciously: to ride a bicycle, to type... In the field of study, this style also identifies who needs to take the theory to practice to be able to internalize it, who do not learn by studying, but by practicing. For them, an investigation is much more effective than an exam or an individual job (Barham & Woeste, 2004).

The learning styles have great importance in education. The learning styles are the personal mode in which information is processed. They tend to focus on the strengths of the person and not on their weaknesses. The key to effective learning is to be competent in each mode when required. The learning style is the method in which a trainee starts to focus on modern and tough information, treats it and recalls it.

The education is influenced by the learning style such as the way in which information is received, the way in which the received information is organized and the way in which it is interpreted. The learning styles aid a lot in education, it is reasonably stable for scholars to observe, interrelate and reply to their learning surroundings, positively (Paterson & Robottorn, 2011).

A teacher is responsible for identifying the learning style of each individual participating in health promotion. He cannot effectively address the task of optimizing its performance in the classroom if he does not address the peculiarities of the student. The teacher should analyze how the students learning is essential to be able to activate the educational gear: make decisions, plan activities and resources and evaluate, among other things. It is not enough to know them, it is indispensable to analyze them, rediscover them to become aware of their possibilities and limitations in order to improve performance. In definitive, it is about considering a series of components that have an essential role in the student's learning style and in the teaching style of the teacher, giving rise to important individual differences that the educators must address when adjusting their teaching (Çolak, 2015).

The ultimate purpose of learning styles in health promotion is to provide effective learning and make citizens responsible for the defense of their own and collective health. It involves a method of communication meant at encouraging health literacy, counting educating, the information of the population in relation to health and the growth of individual skills that lead to person and public health. The learning styles for Health addresses the transmission of information as well as the raise of personal skills, self-esteem, and motivation, essential to adopt actions aimed at promoting health (Paterson & Robottorn, 2011).

Learning styles are an adaptive modification of the behavior resulting from the interaction of the individual with the environment. Learning must be more or less sustainable and, as far as possible, usable. When0 talking about behavior changes, the social desirability of learning isn’t prejudged; an individual can learn to kill, to steal, to lie as they can learn to help the neighbor, and they can learn to solve an equation. The purpose of learning is not knowledge, but action. In other words, the purpose of learning style is to increase the quality of life and facilitate the way in which information is perceived (Riener & Willingham, 2010).

## References

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