

The VARK Questionnaire (Version 7.0)

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How Do I Learn Best?

Whiriwhiria te whakautu e tohu pū ana i tō manakohanga, ā, porowhitahia te pū kei tōna taha. Ehara i te mea me kotahi noa iho tō whakautu ki ia rerenga. Mena he maha ake ngā whakautu i te mea kotahi e hāngai ana ki tāu e whakaaro ai, tēnā porowhitahia hoki ko ērā. Waiho noa ake ngā pātai kāore e hāngai ana ki a koe.

1. E āwhina ana koe i tētahi e hiahia ana ki te haere ki te taunga waka-rererangi rānei, ki te taone rānei, ki te taunga tereina rānei. Ko tāu he
 - a. haere i tōna taha.
 - b. kōrero i ngā tohutohu ki a ia.
 - c. tuhituhi i ngā tohutohu (ehara i te mahere).
 - d. tā, he hoatu rānei ki a ia tētahi mahere.
2. Kāore koe i te mōhio me 'dependent', me 'dependant' rānei te tātaki o te kupu. Ko tāu he:
 - a. whakaaro ki te āhua o te kupu, ā, hei reira koe whiriwhiri ai ki tāu e whakaaro ai.
 - b. whakaaro ki te oro o ia kupu, ā, hei reira koe whiriwhiri ai i tētahi.
 - c. kimi i te kupu i te papakupu.
 - d. tuhituhi i ngā kupu e rua, ā, hei reira koe whiriwhiri ai i tētahi.
3. E whakarite ana koe i tētahi hararei mā tētahi rōpū. He hiahia ōu kia urupare mai rātau ki ō whakaritenga. Ko tāu he:
 - a. whakamārama i ētahi o ngā wāhanga whakamiramira.
 - b. whakamahi i tētahi mahere, i tētahi tūranga ipurangi rānei e whakaatu ana i ngā wāhi e haere nā rātau.
 - c. hoatu ki a rātau tētahi kape o te hōtaka.
 - d. patu waea atu rānei, he tuku pātuhī rānei, he tuku īmera rānei ki a rātau.
4. E tao ana koe i tētahi kai hei whakarangatira i tō whānau. Ko tāu he:
 - a. tunu i te kai e mātau ana koe ki te tunu kāore he take o te whai tohutohu.
 - b. tonono i ngā whakaaro o ō hoa.
 - c. wherawhera i te pukapuka tunu kai ki te rapu whakaaro i ngā whakaahua.
 - d. tiki i te pukapuka tunu kai e mōhio nā koe he tohutaka pai o roto.
5. E hiahia ana tētahi rōpū tūruhi ki te ako e pā ana ki ngā pāka, ki ngā papa atawhai kararehe rānei o tō rohe. Ko tāu he:
 - a. kōrero rānei, he whakarite kōrero rānei e pā ana ki ngā pāka, ki ngā papa atawhai kararehe rānei mā rātau.
 - b. whakaatu ki a rātau he pikitia ipurangi rānei, he whakaahua rānei, he pukapuka pikitia rānei.
 - c. hari i a rātau ki tētahi pāka, ki tētahi papa atawhai kararehe rānei me te hīkoi hoki i tō rātau taha.
 - d. hoatu ki a rātau tētahi pukapuka, tētahi pānui whakamārama e pā ana ki ngā pāka, ki ngā papa atawhai kararehe rānei.
6. Ākuanei koe ka hoko i tētahi kāmera mati, i tētahi waea pūkoro rānei. Hāunga te utu, mā te aha e tino kawekawe ō whakaaro?
 - a. Mā te whakamātauranga.
 - b. Mā te pānuitanga o ngā pitopito kōrero e pā ana ki ngā āhuatanga.
 - c. Mā te hou me te pai o te āhua.
 - d. Mā ngā whakamāramatanga a te kaihoko o ngā āhuatanga.

7. Whakahokia ō mahara ki te wā i ako ai koe i tētahi mahi hou. Kua e whakaaro ki ngā pūkenga ā-tinana, pēnei i te eke pahikara. Ko te huarahi ako pai ake ki a koe ko te:
- mātakitaki i tētahi whakatauiratanga.
 - whakarongo me te tuku pātai ki tētahi e whakamārama ana i te kaupapa.
 - titiro ki te hoahoa me te mahere – he tūwhiringa whakaahua.
 - pānui i ngā tohutohu ā-tuhituhi – pēnei i tētahi pukapuka ako, i tētahi pukapuka matua rānei.
8. Kua raruraru tō turi. E hiahia ana koe mā te tākuta e:
- hoatu ki a koe tētahi wāhi pae-tukutuku, tētahi tuhinga rānei e pā ana ki te raruraru hei pānui mai māu.
 - whakamahi tētahi tauira o te turi e whakaatu ana i te mate.
 - whakamārama he aha te mate.
 - whakaatu ki a koe tētahi hoahoa e tohu ana i te mate.
9. E hiahia ana koe ki te ako i tētahi hōtaka hou rānei, i tētahi pūkenga hou rānei, i tētahi kēmu hou rānei o tō rorohiko. Ko tāu he:
- pānui i ngā tohutohu i tae mai i te taha o te hōtaka.
 - whakawhitiwhiti kōrero me ētahi e mōhio ana ki te hōtaka.
 - whakamahi i ngā pūrere, i te papa pātuhi rānei.
 - whai i ngā hoahoa o roto i te pukapuka i tae mai i te taha.
10. E pai ana ahau ki ngā tūranga ipuranga:
- e taea ana ōna wāhanga te pāwhiritia rānei, te nekehia rānei, te whakamātauria rānei.
 - he hoahoa whakaongaonga whakaaro, he wāhanga ā-whatu hoki ōna.
 - he tuhinga whakaahua e whakaongaonga ana i tō hinengaro, he rārangi, ā, he whakamārama anō hoki ōna.
 - he hongere ā-rongo ōna kia taea ai e au te whakarongo ki te pūoro rānei, ki ngā hōtaka reo irirangi rānei, ki ngā uiuinga rānei.
11. Hāunga te utu, he aha kē te mea e kawekawe ake ana i ō whakaaro ki te hoko i tētahi pukapuka pono?
- He pai te āhua.
 - He mātai tere i ētahi wāhanga o te pukapuka.
 - He kōrero nā tētahi hoa nāna i tūtohu taua pukapuka.
 - He kōrero whai kiko, he wheako, he tauira anō hoki.
12. E whakamahi ana koe i te pukapuka rānei, i te kōpae rānei, i te tūranga ipurangi rānei kia ako ai koe ki te mahi whakaahua ki tō kāmera mati. E hiahia ana koe ki:
- te whai wā ki te tuku pātai, ki te kōrero hoki mō te kāmera me ōna āhuratanga.
 - ētahi tohutohu mahuki kua tuhia, ki te rārangi, ki ētahi kōrero whakataki anō hoki ōna hei ārahi i a koe.
 - ētahi hoahoa e whakaatu ana i ngā mahi a tēnā wāhanga, a tēnā wāhanga o te kāmera.
 - te maha o ngā whakaahua pai me ngā whakaahua koretake kia mōhio ai koe me pēhea te whakapai ake i aua whakaahua koretake rā.
13. E pai ana koe ki te kaiwhakaako, ki te kaiwhakaatu rānei ko tāna he:
- mahi whakaaturanga rānei, he mahi tauira rānei, he tuku rānei kia mahi ngā kaiwhakauru.
 - pātai me te whakautu rānei, he kauhau rānei, he whakawhitiwhiti kōrero ā-rōpū rānei, he tuku rānei mā tētahi manuhiri e kauhau.
 - hoatu puka iti rānei, pukapuka rānei, pānuitanga rānei.
 - whakamahi rānei i te hoahoa, i te mahere rānei, i te kauwhata rānei.
14. Kua oti i a koe tētahi whakataetae, tētahi whakamātautau rānei, ā, e hiahia ana koe ki ētahi uruparetanga mai. Ko ngā uruparetanga e hiahia ana koe he:
- whakatauiratanga nā ō mahi.
 - tuhinga e whakamārama ana i ō hua.
 - kōrero nā tētahi ki a koe.
 - kauwhata e whakaatu ana i ō whakatutukinga.

15. E whiriwhiri kai ana koe i tētahi whare hoko kai, i tētahi whare hoko kawhe rānei. Ko tāu he:

- a. whiriwhiri i te kai kua kainga kētia e koe i reira i tētahi wā o mua.
- b. whakarongo ki te hāwini, he tono rānei mā ō hoa ētahi whiriwhiringa e tūtohu.
- c. whiriwhiri i ngā whakamāramatanga o te rārangi kai.
- d. titiro ki ngā kai a ētahi atu, he titiro rānei ki ngā whakaahua o ia momo kai.

16. Me kauhau koe ki tētahi huihuinga tangata, ki tētahi kaupapa whakahirahira rānei. Ko tāu he:

- a. hanga hoahoa, he tiki kauwhata rānei hei āwhina i a koe ki te whakamārama.
- b. tuhituhi i ētahi kupu matua, he haratau anō hoki i tō kauhau mā te kōrero hoki atu, hoki atu.
- c. tuhituhi i te katoa i tō kauhau, he ako mā te pānui hoki atu, hoki atu.
- d. kohikohi i ngā taurira maha, i ngā kōrero maha e whai pānga ai, e whai hua ai te kauhau.

The VARK Questionnaire Scoring Chart

Use the following scoring chart to find the VARK category that each of your answers corresponds to. Circle the letters that correspond to your answers

e.g. If you answered b and c for question 3, circle V and R in the question 3 row.

Question	a category	b category	c category	d category
3	K	V	R	A

Scoring Chart

Question	a category	b category	c category	d category
1	K	A	R	V
2	V	A	R	K
3	K	V	R	A
4	K	A	V	R
5	A	V	K	R
6	K	R	V	A
7	K	A	V	R
8	R	K	A	V
9	R	A	K	V
10	K	V	R	A
11	V	R	A	K
12	A	R	V	K
13	K	A	R	V
14	K	R	A	V
15	K	A	R	V
16	V	A	R	K

Calculating your scores

Count the number of each of the VARK letters you have circled to get your score for each VARK category.

Total number of **V**s circled =

Total number of **A**s circled =

Total number of **R**s circled =

Total number of **K**s circled =

Calculating your preferences

Use the VARK spreadsheet (which can be purchased from the www.vark-learn.com web site) to work out your VARK learning preferences.