VARK Learning Style
Reading/Writing

How to use your VARK Learning Style

You probably prefer information displayed as words. Emphasis is placed on text-based input and output; i.e. reading and writing in all its forms.

You probably prefer to work using PowerPoint, the Internet, lists, dictionaries, thesauri, and words.

Learning strategies:

• Rewrite notes
• Read/review notes every day
• Rewrite ideas and principles into other words
• Organize diagrams/graphs into statements
• Turn reactions, actions, charts, etc. into words
• Write exam answers

• Practice with multiple choice questions
• Write paragraphs, beginnings and endings
• Write lists (a,b,c,1,2,3,4)
• Arrange words into hierarchies and points

Study Environments on Campus:

Edmon Low Library quiet, and silent study areas, as well as reserve-able rooms for a controlled atmosphere individual study. Student Union basement study area for light background noise and second floor study area.

To take the VARK Learning Styles Assessment:

Please visit www.vark-learn.com

For more information, please visit lasso.okstate.edu/success-coaches or contact Lasso at (405) 744-3309 successcoach@okstate.edu