

Sample report

Learning Style Profile (VARK)

VARK · Screening questionnaire

Prepared for
Marco Rossi

Date
March 3, 2026

Questions
16

Reference
00000026

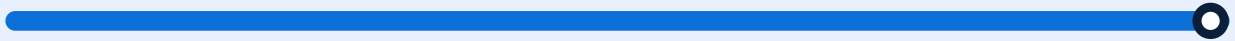
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Your result

9 / 16**Visual Learner (V)**

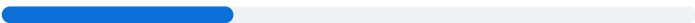
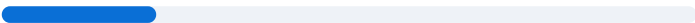
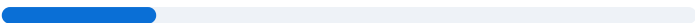
100 % of the maximum score



You learn best through diagrams, charts, maps, colours and spatial layouts. You think in pictures.

By dimension

Points per dimension.

Visual		9
Aural		3
Read/Write		2
Kinesthetic		2

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this Learning Style Profile screening. Understanding how you engage with new information is a wonderful act of self-awareness, and your results offer some genuinely useful insight into how your mind likes to work. There's no right or wrong pattern to see here, and many people find it validating to finally see language put to something they've sensed about themselves for years.

Your responses show a clear leaning toward Visual learning, with a score of 9 out of 16, alongside smaller reflections of Auditory (3), Reading/Writing (2), and Kinesthetic (2) preferences. In plain terms, this suggests that you likely find it easiest to absorb and retain information when it's presented through images, diagrams, charts, color-coding, or spatial organization. Visual learners often think in pictures, benefit from seeing the "big picture" mapped out, and appreciate visual metaphors or demonstrations more than long verbal explanations or dense text alone. The presence of some Auditory, Reading, and Kinesthetic tendencies simply reflects that most people draw on multiple channels depending on the situation, even when one preference tends to lead the way.

With this in mind, a few gentle strategies might serve you well. When studying or learning something new, try converting information into visual formats, mind maps, flowcharts, sketches, or color-coded notes can make abstract ideas feel more concrete. Watching demonstrations or tutorials before attempting a task yourself may also help, since seeing a process unfold visually often clicks faster than reading instructions. Finally, consider using visual cues like highlighters, diagrams, or physical layouts to organize your workspace and priorities, reinforcing memory through sight.

Please remember that this is a screening tool designed to offer helpful self-reflection, not a clinical or diagnostic assessment. Learning styles can shift depending on context, subject matter, and personal growth, so hold these results with curiosity rather than rigidity. If you'd like deeper guidance on optimizing your learning strategies or exploring any related concerns, connecting with an educational psychologist or learning specialist can offer personalized, professional support. You're clearly someone invested in understanding yourself better, and that curiosity is a strength worth celebrating.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Visual Learner (V)

Use mind maps, colour-coded notes and flowcharts. Convert text into visual formats.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a screening tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Your answers

Each answer and the points it adds.

#	Question	Your answer	Pts
1	You want to help someone find a location. You would:	Write directions	30
2	A website has a video, text and diagram. What do you look at first?	Read the text	30
3	You want to learn to cook a new dish. You would:	Read the recipe	30
4	You received a new gadget. Your first instinct is to:	Read the instruction manual	30
5	In a presentation, what do you focus on most?	Written notes	30
6	When you need to remember an important fact, you:	Write it or read it	30
7	In a meeting, you are most comfortable when there are:	Written agendas	30
8	You want to understand how something works. You prefer to:	Read an article	30
9	When learning a new language, you prefer to:	Read books and grammar	30
10	If you had to explain a complex concept, you would:	Write a clear explanation	30
11	In your free time, you most enjoy:	Reading and writing	30
12	When making an important decision, you prefer to:	Write a pros/cons list	30
13	When bored at work or study, you typically:	Read or make a list	30
14	When receiving feedback on your work, you prefer it to be:	Written - notes in a document	30
15	When revising for an exam, you are most likely to:	Read and rewrite key points	30
16	When encountering a problem, you first:	Research and read	30