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SAMPLE · fictional data

Sample report

Learning Style Profile (VARK)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Marco Rossi	**March 3, 2026**	**16**	**00000026**

Contents

1 Your result p. 2

2 What your answers say p. 3

3 Next steps p. 4

4 Your answers p. 5

This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

9 / 16

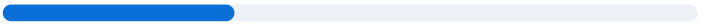
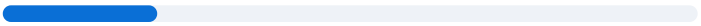
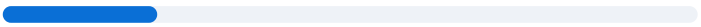
Visual preference (V)

9 of 16 answers point to this style

Most of your answers point to the visual style: diagrams, charts, maps, colours and layouts. This is a preference, not a limit: you can learn in other ways too, and combining several ways usually helps memory more than sticking to one.

By style

Number of answers for each style.

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 preference (V)

Turn your notes into mind maps, timelines or flowcharts, then redraw them from memory to test yourself. Add a few words or a spoken explanation to each diagram. Whatever your style, testing yourself and spacing out revision are the two methods with the strongest evidence.

To go further

A teacher, a tutor or a learning specialist can help you try several study methods and keep those that work for you.

- Bring page 2 (result by style).
- Note one or two subjects or tasks that were hard for you lately.
- Try mixing several ways of learning: a diagram, explaining aloud, a written summary, an exercise.

This report describes the ways of learning you say you prefer. It measures neither intelligence nor ability to learn. Research has not shown that teaching matched to a single preferred style improves learning: mixing several ways usually helps more.

Your answers

Each answer and the style it points to: V visual, A aural, R reading/writing, K kinesthetic.

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