

Learning Style

Your VARK Profile

Date: 25 January 2026

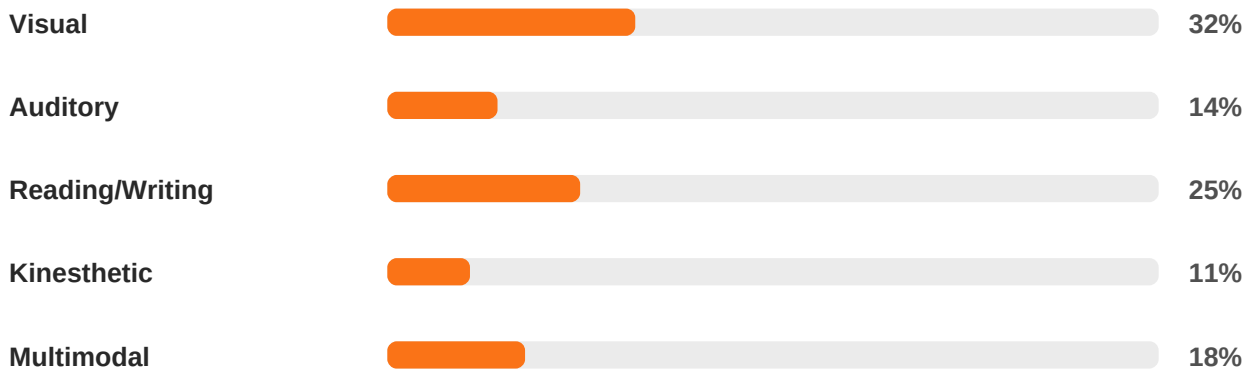
Dominant Style: Visual Learner



Visual Learner

You learn best through images, diagrams, charts, and visual representations. Colour-coding, mind maps, and flowcharts are your friends.

Your Style Breakdown



About the VARK Model

VARK is one of the most widely used models in education for understanding how people prefer to take in and process new information. It groups learning preferences into four sensory channels — Visual, Auditory, Reading/Writing and Kinesthetic — with a Multimodal profile for learners who draw fairly evenly on several.

Your dominant style is the channel you scored highest on, but most students benefit from blending methods. Use your top style for first-pass learning and the others for revision, recall and applying what you have learned.

Personalised Study Strategies

Aoife is a strongly Visual learner with a secondary preference for Reading/Writing. She processes information most effectively through images, diagrams, and structured written notes. Her high visual score suggests she benefits greatly from colour-coding, spatial organisation, and graphic representations of information. To maximise study effectiveness, Aoife should combine her visual strengths with her reading preference by creating annotated diagrams and illustrated summaries.

1. Use colour-coded revision notes — assign one colour per topic or theme to visually organise your study material.
2. Create mind maps before starting each new chapter to build a visual overview of how concepts connect.
3. Watch short explainer videos (e.g., Khan Academy, YouTube) to supplement textbook reading.
4. Use diagrams and flowcharts for Biology and Science subjects — draw processes rather than writing them out.
5. When revising, sketch quick doodles or icons next to key points to aid memory recall during exams.

Understanding Each Learning Style

Visual

You learn best through images, diagrams, charts, and visual representations. Colour-coding, mind maps, and flowcharts are your friends.

Auditory

You learn best by listening — discussions, lectures, podcasts, and talking things through. Explaining concepts aloud helps you remember.

Reading/Writing

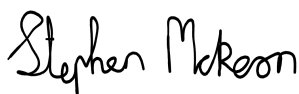
You learn best through text — reading, writing notes, making lists, and summarising information in your own words.

Kinesthetic

You learn best by doing — hands-on experiments, practice problems, building models, and real-world experiences.

Multimodal

You learn best by combining multiple approaches — mixing visual, auditory, reading, and hands-on methods. Flexibility is your strength.



Stephen McKeon · Course Compass