

VARK-G AI Pairing Guide for Coaching, Mentoring, & Teaching

How to pair each VARK-G mode's human learning activity with an AI complement while keeping the learner in charge

MODE	HUMAN LEARNING ACTIVITY	AI COMPLEMENT	AI PAIRING STRATEGY	HUMAN AGENCY RAIL
V — VISUAL <i>Charts, diagrams, spatial layouts</i>	Map relationships Organize concepts spatially, recognize patterns, sketch relationships, and see the “big picture.”	Visualize & reorganize AI converts learner-generated ideas into diagrams, concept maps, flowcharts, comparison views, and alternative visual representations.	Sketch → Generate → Compare → Redraw Learner first sketches a concept or relationship. AI generates an alternative visualization. Learner compares the two, identifies errors or missing relationships, and creates the final representation.	Meaning & Relationships AI may visualize the learner's thinking; the learner retains ownership of what relationships mean, which connections matter, and whether the representation is accurate.
A — AURAL <i>Listening, discussion, sound</i>	Explain & discuss Talk through ideas, ask questions, debate alternatives, teach concepts aloud, and listen critically.	Dialogue & challenge AI serves as conversational partner, Socratic questioner, simulated audience, debate partner, or verbal practice coach.	Explain → Dialogue → Challenge → Re-explain Learner gives an initial verbal explanation. AI asks questions or challenges assumptions. Learner evaluates the dialogue and explains the concept again in their own words.	Voice & Interpretation AI may question and respond; the learner retains responsibility for forming explanations, interpreting feedback, resolving disagreement, and stating conclusions.
R — READ / WRITE <i>Text, lists, definitions, notes</i>	Read, write & structure Summarize information, formulate arguments, annotate sources, organize notes, define concepts, and communicate through text.	Structure & compare AI produces alternative summaries, outlines, questions, critiques, organizational structures, and written explanations for comparison.	Write → Augment → Compare → Rewrite Learner produces the initial notes, summary, or argument. AI generates an alternative. Learner compares reasoning and evidence, identifies differences, and authors the final synthesis.	Authorship & Reasoning AI may help organize or critique text; the learner retains ownership of the original interpretation, evidence evaluation, argument, conclusions, and final written product.
K — KINESTHETIC <i>Experience, practice, scenarios</i>	Apply & experiment Solve problems, work through examples, practice skills, test decisions, build products, and connect concepts to real situations.	Simulate & provide feedback AI creates scenarios, cases, simulations, prototypes, practice environments, consequences, and iterative feedback.	Attempt → Simulate → Test → Reapply Learner first attempts the problem or task. AI introduces a scenario, variation, or feedback. Learner tests alternatives and then demonstrates the skill independently in a new situation.	Performance & Judgment AI may simulate conditions and provide feedback; the learner retains responsibility for performing the task, making judgments, interpreting consequences, and transferring learning to practice.