

## **Learning styles**

I believe that learning styles have an impact on our education to a certain degree. Humans are definitely capable of being able to learn and pick up on things in several different ways and aren't constrained by one way or another. That being said, I do believe it can be easier in certain ways for people to pick up on things, especially when they have a learning disorder such as ADHD or autism among other things.

Personally, I have ADHD, and I've noticed that I can learn in several different ways, but they have to be under certain circumstances. For example, with auditory learning—that is, listening to videos or lectures, I get distracted by other things very easily or even just zone out and can't process anything that's being said unless I'm actually very interested in it. A way I've found I can combat this though, is having something else to do while I listen to the lecture, whether it be drawing or having a toy to fidget with. It keeps my mind entertained by something which allows it to process what is being said.

With visual learning, again with ADHD, it's rather similar to the auditory learning. I'm okay with reading things and it's often how I prefer to learn. Images and words. That being said, I've often found that in order to really focus on what I'm looking at, I also have to listen to music, as it's a way to keep my brain stimulated.

On to the final learning style, tactical learning, I don't actually have much experience with this learning style but I do prefer it in certain circumstances. For example, when drawing, it's much easier to learn how to make something by actually doing it instead of just watching videos or reading about it in my opinion and it's easier to keep my mind focused on something when I'm actually doing it.

In conclusion, learning is a malleable thing that can change and certainly be more effective in certain ways depending on the person, but it also has ways in which it can remain the same and people will pick up on things and absorb the information they're being given. I believe the best thing to consider when teaching someone is to find the simplest and easiest way to do so depending on what you are teaching. Like I said before, it's harder to learn how to paint when all you do is read about the technical things and don't actually experiment and get hands on with it. But on the flipside, something like psychology can be very effectively taught through reading materials that explains the science behind it, but not so much by having a beginner student go out and try to understand how a person's mind works by themselves.