

I believe that our learning styles impact how we all learn immensely, and I think that because of this we all need to be aware of what our learning style is. Personally, I am much more of an auditory learner than anything else, especially when I'm learning music. I can barely read sheet music, and when I do I mostly use it as a supplement to playing by ear. Where I really shine is in aural perception. I have perfect pitch, and I've spent most of my time while practicing my instrument getting better at hearing and repeating what I hear. However, I think that the dividing of learning styles into three distinct categories isn't the best way to view things. I certainly am more of an auditory learner, but that does not mean that I am unable to learn tactically or visually. I think that the same is very true for most people, although I do think that it is good to know what learning styles are the easiest for you to use. Furthermore, I think that study tactics and ways to stay focused could be much more valuable skills to learn than learning styles. The main challenge that I have while studying is staying on track and avoiding distractions, not choosing a learning style that suits me. It would be really good to learn more tactics to cope with that. In line with my auditory learning style, the things that often distract me the most are repetitive or loud noises within my environment. I can study practically anywhere as long as it is quiet. Overall, I think that it is very important to take stock of your learning styles, but I think that it is also important to expand how you learn as well as what you learn. I believe that through learning visually more than not over the years, I have become a better visual learner and become more adapted to online learning environments as a result. Like was mentioned in the video about mindset, we need to stop treating our brains and skillsets as static objects and try to widen them.