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Do you think learning styles affect how we learn?

Traditionally learning when perceived through a lense of assimilation of the student into the teacher, now learning attempts to keep the student’s individuality alive. This is the impression I get from learning styles. I do believe they are real and can genuinely make a difference in how the student takes in new information. But I also believe this depends on the student. For most knowledge is ingrained outside the classroom during a student’s study hours or personal time in modern times. In such a way that the classroom can become obsolete. This instance of students taking over their own learning is vital to making learning styles become more congruent to personalized learning. Especially since there are so many resources outside the classroom to learn from, due to the internet. Where information is designed to fulfill Auditory, Visual and Tactile learning styles. Such as YouTube. Where some channels animate a story to the audio of them teaching, while throwing key words, terms or definitions on screen. While offering ways to interact with the media. For tactile learning, the act of self-research feels to me enough to gratify and release enough dopamine to help retain information. Yes I believe how learning styles work is partially due to dopamine and what’s more is anxiety. I believe when we are uncomfortable and anxious one would obviously learn less than if one is happy and content. Such as the subtle trick of eating chocolate while you study because the release of dopamine increases the retainment of information. So when we do something the way we like to in a world where we have almost full ownership of our own learning as the classroom becomes obsolete, I can only imagine it would help. But this I believe is most effective in a naturalistic environment. Similarly, I think if all learning styles are used learning would be optimized then if only one or two are used. The best trick should be to make learning as stimulating as possible. So, to conclude, I do believe learning styles in a particular setting do affect how we learn but perhaps not as drastically as one would imagine. For a good diet of all is still necessary, too much of one won’t compensate the other.

A screenshot of a computer

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