

## Learning Styles

After reviewing the article, I found that my beliefs in studying were correct. I have always had a hard time with the typical repetitive memory based learning style that we are taught in high school. I can recall many times I pulled all nighters, growing in frustration as I was unable to get the flashcards right every time. As new studies are being conducted constantly about learning styles and how to adapt to your set skills in studying, I have always been skeptical on how to approach my study habits and learning skills. No matter how many notes I take, or flash cards I make, there seems to be no significant amount for my grades or exam outcomes. After reading the article, I found that the best way to approach studying is to expose yourself to the material over multiple study sessions. Not only that, but experiencing yourself to the material in different modalities also helps. Applying the information to something you can find a connection to can also help, according to the article. What stood out as interesting to me was the fact that students did not perform better, or apply their 'learning style' when taking an exam that was observed in the article's research. Overall, I found that the research based study method of exposure over many study sessions and different application and connection can instill better study habits. I found this to be extremely helpful and encouraging for the new semester and am glad to have read this paper!