

Learning Styles have always been contentious for me. On the one hand, I've wanted to believe in them simply because it would neatly explain how I should learn information the best and help others; on the other, I've found the systems public schools employ to help students with learning styles rarely ever help. In fact, they often make the process much more confusing and rigid, opting for one learning style over the others. This makes the findings of the article unsurprising to me, as a blend of different modals of learning make much more sense than each person having one specific style. It reminds me of the 5 love languages, something many people accept as true without realizing just how much scientific evidence exists that debunks this.

I also agree with the article suggesting that some of the reason behind the popularity of learning styles is because people desire to understand themselves better. Being able to define yourself with simple labels is a way for us to ignore the complexities of our personalities and emotions. It's easy to just say "I'm a visual learner" than it is to say "I learn in a variety of different ways."