

I believe that learning styles absolutely affect how we all learn and interact academically. There's several types of learning styles that have been cemented into society like Visual Learning, Auditory Learning, Kinesthetic Learning, Intuitive Learning, etc. Several people, myself included, tend to align with a learning style that they might be familiar or comfortable with but can often show mixed results. I used to think that old fashioned flashcards could help me retain information in a quick manner but it only helps me memorize information instead of truly retaining that information. Visual Learning can help, with pictures or data being the main source of information that one can understand material through. Auditory Learning can help through recordings of said material, Kinesthetic Learners can be through more hands-on material, and Intuitive Learning can be a bigger picture sort of learning style, which is a lot more nuanced. As I found out later in life, rereading books or material proved to help me out in remembering that information as well as actually understanding it. Everyone has their own unique style of learning and sometimes people just have to go out of their own comfort zones in order to find one that they can call their own. While it isn't an easy task, the rewards of understanding said material or information can make up for all the trouble of trying a whole new learning style.