

How do you learn

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Results from learning style quiz:

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks. You often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put them together, and you tend to find reasons to tinker or move around when you're bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard. You often communicate by touching and appreciate physically expressed forms of encouragement, such as a pat on the back.

Here are some things that tactile learners like you can do to learn better:

- Participate in activities that involve touching, building, moving, or drawing.
- Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
- It's okay to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Trace words with your finger to learn spelling (finger spelling).
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's okay to tap a pencil, shake your foot, or hold on to something while learning.
- Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by doing, not just by reading, seeing, or hearing.

Learning Styles:

The notion of learning styles, which holds that individuals learn best when instruction coincides with their preferred method of learning (e.g., visual, auditory), lacks empirical backing. According to Cindi May's *The Problem with "Learning Styles,"* research reveal that when students adopt study techniques that correspond to their self-reported styles, their performance does not increase much. Preferences may impact how students approach learning, but they do not determine how well material is kept or comprehended. Instead, cognitive research suggests that universal tactics, such as spaced practice, self-testing, and participating in different modalities, are significantly more successful for learning. These approaches are based on how the brain receives and remembers knowledge, and they assist all learners, regardless of their preferences. While learning styles promote individuality, they do not accurately reflect how we learn. Shifting the focus to evidence-based strategies would enhance outcomes for all students, dispelling the illusion of personalised learning styles.