

I tested as primarily a Visual learner (50% Visual, 35% Auditory, and 15% Tactile). Knowing more about yourself can only be positive; these tests can provide different insights. Thinking about how I learn, although I am more Visual, I would consider the other two to be more balanced than what these results say. Certain things are naturally more tactile for me. For instance, if I am learning to cook a dish, I will likely retain more by doing rather than seeing a picture, reading a recipe, or listening to someone tell me how to make it. But if it's a math problem, I will likely retain more by someone explaining it while working through it, likewise learning to change a tire.

Understanding different learning styles is helpful to see how we process information. Still, I don't think that just because I am more of a visual learner, using only visuals to understand something will be most effective. I think it is important to experiment with and practice different methods to keep an open mind about how we learn.