

Learning Styles

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Learning styles as a concept is something I've always struggled with. While my parents always reinforced the idea that I had an individual style of learning, like kinesthetic or visual, attempting to follow these styles never really helped me understand concepts any faster. So you can bet that reading this article further solidified my beliefs with the tested evidence mentioned in the writing.

While it's easy to blame failure on your individual learning style not being met, accepting a weakness in what you know and working harder next time is a much more benefit way of going about learning. This idea also pairs up with the growth and fixed mindsets we talked about earlier this week.

Just like the article mentioned, while learning styles don't help knowledge retention, techniques like getting information from different forms, spreading out studying sessions, and testing yourself have been proven to make learning more efficient. Of course, not everyone uses these particular techniques, but over time people will find their own way to retain information that are not apart of the very restrictive mold of learning styles.

Finally, I took the "What's Your Learning Style?" quiz for this week and was told that I'm mostly a visual learner. I parlay agree with this, as it's how I like to consume the majority of my media, but I believe my style of learning varies a lot depending on what I'm studying or doing. Instead of trying to categorize myself into a particular learning style, I am going to study in the way that works best for me. Whatever that is.