

Learning styles

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Growing up learning styles was very important. It was kind of like finding out what astrological sign you are or what color you thought the math folder should be (blue is the only correct answer). But practically I think it shows up in a few important ways. My best friend is dyslexic so she definitely works best with visual (but not written) instructions. Sometimes auditory is the way to go as well. For me I need more hands on, actual creation based learning for things to click. In the learning styles quiz it asked what is the best way to learn a video game. For me it has to be figuring it out as I go. This helps to not lose my interest, but also I find that I recall much quicker when it was my own experience that taught me versus a friend instructing me. The test results also said I'm an auditory learner. This is backed by something I did last semester. When I was studying at the end of the day I would talk to my mom or a friend and then 'teach' them what I had just learned. This help cement it but it also outlined what was missing from my memory or my notes.

Altogether I think knowing what strategies work best for you is valuable and if you find that through a quiz then that is wonderful. But I think there will always be some universal truths about learning that come down to environment or habits. Skinner attributed all of his writing success to having a very concrete schedule and this applies to learning. Like the article says, learning over time will always be better (for most people, I don't have the perspective of someone who can automatically absorb and memorize information).