Going with the evidence, it seems that learning styles really don’t help that much. To me it makes much more sense to base it on the activity you are doing rather than what you think you like. For example, even if you think you are an auditory learner, it would be absurd to try and narrate the topography of a landscape when you could easily look at a map. There is no reason not to use every sense you have at your disposal. This conversation is also relevant when it comes to accessibility in gaming. Often the best way to help someone with a disability is redundancy. A multimodal approach is how you do that - if there are gunshots, create a visual indicator on the map or with a directional arrow. This often makes gameplay better for everyone.

That being said, of course there are specific things that I like doing to help me learn. I write and journal a lot. If I don’t get something out of my head and onto a page, it will just keep looping. Generally observing my thoughts this way lets me create connections with what I am learning to everything else that comes to mind.

My scores were:

Auditory: 45%

Visual: 40%

Tactile: 15%

I wouldn’t say this matches me at all. I felt like some of the questions didn’t give me the option of what I actually do. A lot of the time when I try to just listen for something, my mind wanders away for a second and then I get lost. Watching something, with subtitles to help me focus, is usually how I like to consume things.

Just because I like to consume things that way though doesn’t even mean it’s what helps me learn best. In fact I would say it often gets in the way. A lot of the time, I want to know as much as I can about something before I get started. What this leads to though is information overload and I end up having to go through things again because I forgot. It is much more practical to start something and then figure out what is needed. It is hard to “just start” things though if I know there is prior information that could help me. Even in games, I do every tutorial available even if I clearly already know what to do. This often creates a wall in front of starting any action.

I like to think of learning styles how Veritasium put it:

<https://www.youtube.com/watch?v=rhgwIhB58PA>