

Learning style thoughts

I've believed that some people find it easier to study in certain ways than others. I even considered myself to be better at a hands-on style. However, if we're going by the paper, the best way to learn or study is to immerse yourself in the material. This means having study sessions spread out over time and gaining a full understanding, rather than what I often do, which is cramming with rote memorization.

It's interesting that people have somehow decided they learn better in certain ways when that isn't necessarily true. I think they might believe they do better in certain ways because they are more accustomed to studying or learning in that manner, so it feels easier to them. The paper suggests that there are better strategies for studying and learning but it has nothing to do with if you are a visual auditory or tactile learner.

So, no, I don't think learning styles matter as much. It's more about spreading out study sessions and truly understanding the information.

