

I think learning styles definitely affect how we learn and I feel as though it should be explored more by instructors and students early to help them in the future. When growing up I was basically trained with how to learn certain things that helped (or did not help) be learned. I had certain academic struggles that I needed assistance on. But even if the style of learning wasn't effective, I'd still use it. It's ingrained into my brain thinking that how I should learn and study is the "right" way and that I need to get better with it. "Everyone else does it this way so it must be right.", "That's how I was taught so I need to do it this way.". It's a hard thing to unlearn.

Thinking more into it I feel as though we aren't necessarily attached to a main trait of learning style either; some may, but others might have certain styles when learning certain things. One person could learn math by visually seeing the equations and how to solve it from reading a book while the same person might have a better way of learning a different topic in a tactile way.