

Learning Styles

I prefer visual learning through diagrams and reading over other modalities. I am skeptical about if learning styles influence learning. In Cindy May's article, "The Problem with Learning Styles", she argued that spaced repetition, diversifying modalities of the content, elaborating to create deeper connections and self testing are more empirically supported study strategies. This supports what I've read in my psychology class. To encode a memory, the brain needs sleep to consolidate it into long term storage. This is a gradual process, but believing in the brain's neuroplasticity and the ability to grow intelligence seems like a key to "trusting the process" during spaced repetition.