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Reflection On Learning Styles & Memorization Techniques

Understanding how I learn and communicate is essential for my academic success and personal growth. Through different surveys and activities, I discovered my learning style and communication preferences. These results help me learn how to improve my study habits and collaborate better with others.

According to the test, I prefer **Active and Sensing learning**. This means I learn best by doing activities, talking about ideas, and using real-life examples. I also have a balanced style between **Visual-Verbal** and **Sequential-Global** learning. I can learn through words or pictures and understand ideas step-by-step or by seeing the big picture.

I agree with these results. I enjoy group work, hands-on activities, and practical examples. These methods help me understand and retain new information more easily. I find it challenging to learn only by reading or listening without applying the knowledge.

The communication test shows that I am both a **Director** and a **Supporter**. As a Director, I focus on tasks and goals. I like to be organized and work efficiently. As a Supporter, I care about people and relationships. I try to listen carefully and show kindness to others.

I think this is true for me. In group work, I like to finish tasks effectively, but I also help and support my team. Usually, I will complete my simple tasks first and then meet with my team

members to see how I can help them if they have problems. I try to balance being direct and approachable, depending on the situation.

I tried different memorization techniques and found that **Flashcards** and **Storytelling or Linking** worked best. Flashcards enable me to review quickly, and storytelling makes the information easier to remember. Making connections between ideas helped me remember more than just repeating words. I will use these methods more in the future.

These activities helped me learn more about myself. I now understand how I learn and communicate. I will use active learning, group discussions, and storytelling to improve my memory and understanding. I will also balance my communication style to be more effective. This experience was helpful for my academic and personal growth.

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