It is my understanding that the idea of learning styles has largely been debunked. Personally, I tend to learn more easily when I can get hands on but I tend to think that is largely due to my upbringing and more exposure to vocational activities than academic. I have done equally well in academia in general and found success in science classes and have published multiple papers in paleontology and archeology journals.

I do have a preference for written instruction over pure video lessons just because I find it easier to reread sections as needed and for pacing while I am working on a specific task.