

Learning Styles

This is an incredible coincidence because I've actually been studying the various learning styles independently. I personally am a tactile learner which I believe is also known as a kinesthetic learner. I've always found it easier to learn things by doing them but is that just because I was told that I was a tactile learner at a young age and that stuck? The incredibly interesting thing about our brain is its ability to adapt. In neuroscience this concept is known as neuroplasticity, which is essentially your mental flexibility, your brain's ability to adapt and learn. As we use certain neuropathways the synapses along those pathways grow stronger which makes them more efficient at receiving information. Our brains will naturally use the most efficient pathways to transfer information to conserve energy. The incredible thing is that, by using other pathways within the brain we strengthen different synapses, meaning it's entirely possible to "rewire" your brain so that different forms of learning work better for you. Moreover, the brain optimizes cognitive function via a process called synaptic pruning wherein it "trims" away unused or weaker neural connections. This means that if a neuropathway doesn't suit you, you can actively work to shut that pathway down. This could be incredibly useful for someone experiencing mental illnesses like PTSD and CPTSD. We store trauma along a single neuropathway so weakening that pathway could be incredibly beneficial and even help an individual to reach a state of remission. While I think knowing one's learning style is important, practicing multiple forms of learning can increase one's neuroplasticity and help an individual become a well-rounded student and person.