

# UNIVERSITY OF THE PEOPLE

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# Personality Types and Learning Styles: A Student's Perspective

As a learner navigating the intricate world of academia, I have discovered that knowledge of learning styles and personality types can have a big impact on my academic path. I will discuss three different learning styles and two different personality types in this article to show how they affect our educational experiences.

## Introduction

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I engage with teachers and students every day who have a diverse spectrum of personalities and learning styles. This unpredictability intrigues me, and I have often wondered how these differences influence our approach to education. Learning about personality types and learning strategies would help me improve not only my own learning but also my capacity to engage and interact with classmates.

## Personality Types

### The Extrovert

Since I am an extrovert, I find outside stimulation and other people to provide me vitality. Usually, the one raising a hand in class, prepared to add to the conversations. Cain (2012) defines extroverts as those who find their vitality in social situations and other people. This is quite true, in my opinion; group tasks give me energy, and discussing material with others helps me process it.

But I have discovered that occasionally, because of my extroverted personality, I talk before I have finished thinking things out. I am getting better at striking a balance between my eagerness to participate and the necessity of critical thought and reflection.

## The Introvert

Many of my introverted friends, on the other hand, like more alone, calmer learning environments. They frequently excel in written assignments and solo projects, exhibiting in-depth, careful analysis. Cain (2012) asserts that introverts find renewal in solitude and introspection.

I have seen that shy classmates frequently hesitate to speak up in class because they would rather digest material privately than to express their opinions. This is not because they lack knowledge, though. I now recognize the importance of a variety of personality types in fostering a well-rounded learning environment as a result of knowing this.

## Learning Styles

### Visual Learning

I am a visual learner; thus, I find that graphics, charts, and diagrams help me understand complicated ideas much better. I frequently make mind maps or diagrams of procedures when I am studying to help me visualize the material. This is consistent with research by Felder and Silverman (1988), who defined visual learning as a unique learning style in which students favor graphical or pictorial representations of the content.

I have discovered that asking lecturers for visual aids or making my own has significantly increased my ability to retain and understand difficult concepts like physics and biology.

## Auditory Learning

Some of my classmates excel in auditory learning, absorbing information most effectively through listening and discussion. They often record lectures or read their notes aloud when studying. Kolb's experiential learning theory (1984) understands the value of specific experiences—like listening—while learning.

Although this isn't my main learning style, I have discovered that working in study groups with auditory learners has improved my listening abilities and given me fresh angles on the subject matter.

## Kinesthetic Learning

Kinesthetic learners in my class prefer hands-on experiences and physical activities to grasp new concepts. They excel in laboratory sessions, interactive simulations, and practical applications of theoretical knowledge. Gardner's theory of multiple intelligences (1983) incorporates bodily-kinesthetic intelligence, therefore stressing the need of physical participation in education.

Though I'm not mostly a kinesthetic learner, I've found that adding movement and hands-on exercises to my study schedule helps me focus and remember particularly during extended study sessions.

## Conclusion

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As a student, investigating different personality types and learning styles has opened my eyes. I now recognize that there is not a single educational strategy that works for everyone. We may design learning settings that are more inclusive and productive by acknowledging and appreciating these variances.

Knowing that I am an extroverted, visual learner has helped me adjust my study techniques for optimal outcomes. Furthermore, embracing the diversity of personality types and learning styles has strengthened my ability to work with others and expanded my perspective on how to handle academic difficulties.

These realizations will accompany me on my educational path as I constantly work to modify my methods of learning and recognize the variety of ways that people learn and process information.



## References

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