

We have been conditioned or convinced that our learning styles dictate the way we process information. Through the VARK Model; One of the most well-known models, proposed by Neil Fleming, categorizes learning styles into Visual, Auditory, Reading/Writing, and Kinesthetic. This model suggests that individuals have preferences for how they receive information.

There are discussions around the idea that an individual's personality can suggest the way that they receive information well.

But the research into the styles of learning are concluding that a person's preferences may not be as important to the reception as once previously thought. Studies have shown mixed results regarding the impact of learning styles on academic achievement. Some research suggests that understanding one's learning preferences can help in selecting appropriate study strategies, but it does not necessarily translate into improved performance if teaching methods are aligned with those styles.

More recent research focuses on cognitive and developmental factors, such as working memory and cognitive load, which can influence learning. This research suggests that effective learning strategies are more about using evidence-based methods that improve understanding and retention, rather than strictly adhering to learning styles.

There is a growing distinction between learning preferences (what students enjoy or feel comfortable with) and learning styles (which methods are most effective for learning). Modern educational research often focuses on understanding how students can use various strategies effectively rather than fitting them into fixed categories.

All of this being said, what appears to be most effective, is going through the scientific method using all various types of learning styles in mind, in order to make connections more readily in the brain. No matter a person's preference for learning, if the individual has a desire to learn,

they will actively try to make connections in their day-to-day life in order to process and retain what they've learned. An individual's attitude towards learning is what is most effective.