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Learning Styles

I think learning styles are important. Even though the article states that different learning styles are alongside the old ways of learning. But even nowadays, I think a contributes to a small amount of effective learning. I will say it is true to do small quizzes to yourself and do multiple sessions. I study Japanese and the way I learn Japanese is through a mix of 3 distinct kinds of learning. When we have homework, we listen to the audio files and I reheat them, for grammar and vocabulary I use notecards and quiz myself to see if I got it right. Then if not I reshuffle and try again. When I was in highschool in AP psychology, I had a teacher that would lecture us about how to study effectively for the final test. He would tell us to study every night with the notecards and do it in multiple sessions. If you cram study before any kind of test or quiz you are not going to retain it. I still use this method of learning to this day, and I have found this extremely helpful when studying for any class. I still apply hands on learning and reading it over and over again to make sure I am right.