I believe learning styles do affect how we learn. There are the basic styles of visual, auditory, and tactile. Most are a combination of these. I found it interesting how the individualistic idea of “not my learning style” is not correct and that there is a tried-and-true formula to successful learning and the means can be performed in a variety of ways. Content absorption usually follows the same path, but the method may differ. I think everyone should find out what is effective for them and find a consistent routine for content digestion to produce best retention.