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I used to think that learning styles played a major role in how we learn, but after reading Cindi's article I found that I was wrongly informed. I would get frustrated with myself and my teachers that the material would all be audio (lectures) so I could never learn any of it because I am a visionary learner. After learning that this myth is false, I found a new perspective. I can learn anyway by creating good study habits not by focusing on my visionary personality. I think these labels can be very harmful because they categorize people. Separating individuals based on characteristics cause issues. It also makes it difficult to tell others that they are probably a mix of all three instead of just one. I think these styles matter in the way of understanding better how an individual investigates or makes a stronger mark on their memory but I think there are better-studying techniques when the learning styles apply to school. Overall they do not reflect on how best we learn but can show how we discover the things around us.

### My results:

What's Your Learning Style? The Results

Your Scores:

> Printer-Friendly Version

- Auditory: 15%
- Visual: 40%
- Tactile: 45%

You are a Tactile learner! Check out the information below, or view all of the learning styles.

#### Tactile

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Here are some things that tactile learners like you can do to learn better:

- Participate in activities that involve touching, building, moving, or drawing.
- Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
- It's OK to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Trace words with your finger to learn to spell (finger spelling).
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's OK to tap a pencil, shake your foot, or hold on to something while learning
- Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by doing, not just by reading, seeing, or hearing

