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After reading the article and being told while in school about different learning styles, I can still say that I do believe that people learn differently and understanding that could help someone academically. In the article, they discuss some results after doing research about whether students who follow studying methods based on how they feel they learn the best worked or not. The specific study they referenced had results saying that students who use studying methods that followed their learning methods didn't make a difference, and the students didn't score much higher than other students who may have used methods outside of their learning styles. I still think that taking learning styles into account for students is important because it could still help them feel more comfortable and willing to learn material, otherwise it would be too intimidating for them. I'm not saying that we need to follow our styles exactly and not allow ourselves to use plenty of different methods for our learning, because that is a very useful part of learning. Being able to absorb material in multiple fashions is the best way we can educate ourselves. So yes, I still believe understanding our own learning methods we like to utilize and follow is important, but I also understand that when we restrict our studying methods, we lose efficiency and may not be able to solidify information as well.