

Learning Styles

Learning Styles; a thing that everyone has to experiment with and shop around for. Some learning styles work better for others. Maybe because they are a visual learner, or an auditory learner, or maybe they are a reading/writing learner. However, that is not how it seems to work. According to the article, my whole life is a lie, along with everyone else's. I've adopted certain learning styles because I've always thought to be a visual learner. Now I am being told that that's not entirely how it works. My world is flipped! I understand and agree with some of the statements in the article, but I think they are missing a key thing, the emotional side of it.

In the article it stated that "many students are adopting strategies that simply do not support comprehension and retention of information." and I do agree with this statement. There are so many people that believe just taking notes that are word for word on a board and reading them over once is enough to get them through a course, but it is not! Personally, I find color coding titles by topics that are being discussed in class, then simply bullet-pointing big ideas from the slide or my professor is saying under the titles, to be helpful. The rest of the time I'm paying wide attention to what my professor is saying and being engaged rather than being too busy with writing word for word notes. Then I usually do study sessions with a partner where we quiz each other, ask and answer about topics we must know, and relate whatever thing we must know to something in our lives or a word that will lightbulb the idea. These are in line with what the article talks about for good learning strategies to retain information. Where I disagree with the article is that our popularized categories of learning strategies are not necessarily helpful to a person. Like it mentioned at the end, people like to feel special (paraphrasing). Humans also like to be a part of "tribes". We like to feel that we are special and we like to be part of special

groups. Even though students' self employed strategies that align with their learning strategy group (mine being taking colored notes and drawing pictures) may not be scientifically backed up to help retain the information, I think it just makes us feel good and focused. Not feeling bored out of your mind and interested in what you're going over, even if it's just color-coded notes, is really important to a good learning and studying environment. Placebo effect is a good phrase to encapsulate what I'm saying. If you think it works, it works!

The article brings out a fair point that there are better ways to comprehend knowledge than making flashcards or recopying notes, but if it makes a person feel good or interested in what they are learning, then in my opinion it's still helpful. Taking most of this article's advice like to "space out their study sessions over time, experience the material in multiple modalities, test themselves on the material as part of their study practices, and elaborate on material to make meaningful connections", I think is wise. I also think if you want to take notes with a color order or make flashcards to make yourself feel good, then do it.