

Reading the article *The Problem with “Learning Styles”* made me rethink something I always assumed was true. I grew up hearing that everyone has a learning style, like being a visual learner or an auditory learner, and that the best way to succeed was to match schoolwork to that style. I also considered what learning style works the best for me, visual. The article made it clear that this idea doesn’t really hold up. Studies show that matching teaching to a student’s preferred style doesn’t actually improve learning. Instead, there are strategies that work better for everyone, like spacing out study sessions, self-testing, or mixing up different styles. It was eye-opening for me because I’ve definitely leaned into what I thought was my “style,” because I worked best hands on or seeing someone do something first then copying. For example, I usually like rewriting notes or watching videos, and I’ve told myself that’s just how I learn best. After reading this, I realized that while I might *prefer* those methods, that doesn’t mean they’re the most effective. It made me think about how I could use better techniques, like actively testing myself or combining different study approaches, instead of just relying on what feels easiest. So, do I think learning styles affect how we learn? I don’t think they actually do in the way we’ve been taught. They might affect how comfortable or motivated we feel when studying, but not necessarily how much we retain. What really affects learning is using the right strategies, even if they push us out of our comfort zones. That takeaway will stick with me as I continue through school because I want to be learning smarter, not just in the way that feels most natural or easiest.