

The way we absorb information is extremely important when learning something new. There are three types of learning styles: visual, auditory, and kinesthetic. Each describes a learning process that everyone has. Knowing and understanding how you receive and process information is very helpful when you're a student. Especially when it comes to studying. For me, I am a kinesthetic learner which makes sense because when studying for exams my favorite thing to do is practice problems rather than flashcards and listen to the lectures. Once you know what method works best for you to retain information, studying for exams is much easier.

Although classes are diverse with many different types of learners it is good for instructors to know what kind of learning style their students have. When students learn in their style they are more motivated to learn the content and are much more likely to remember the information for longer. Engaging in a class that includes their learning style also makes the class more enjoyable for the individual. So I think it's important that instructors use more than one of the learning styles when giving lectures, assignments, and homework.

I also think that having different learning styles makes us unique and is very helpful when collaborating. I can remember when I was assigned a group for a project in high school and we all worked so well together because each of us had different learning styles and therefore each brought something valuable to the group. For example, there was someone who designed the PowerPoint slides and made the project very visually appealing, while someone else listened to the other groups and took notes while I was focused on engaging in the presentation. Our unique styles and perspectives benefited our group which was unexpected but interesting.