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# Thoughts on Learning Styles

Learning styles are commonly defined as the various ways people prefer to absorb, process, and comprehend information. Some people learn best by reading and writing, while others prefer hands-on practice, listening, or watching video demonstrations. I believe that learning styles influence how we learn—not necessarily in the sense that they limit us to a single method, but rather in the way that they make learning more comfortable, efficient, and enjoyable when we use strategies that match our preferences.

Personally, I prefer to learn through videos. I find that watching a video allows me to see concepts being explained in real time, often with visual examples, diagrams, or step-by-step demonstrations. This makes it easier for me to connect abstract concepts to concrete images. Videos also allow me to pause, rewind, and go over sections if I need more time to understand something. For me, this is more effective than simply reading a textbook or listening to a lecture with no visuals.

At the same time, I recognize the importance of flexibility. Not every subject is best learned through videos, and I sometimes need to combine methods, such as taking notes (writing) or discussing ideas with others (auditory). Finally, I believe learning styles are important because they influence motivation and comprehension; however, the most successful learners can adapt and use multiple methods depending on the situation.