There are 3 learning styles. This being auditory, visual, and tactile. Auditory learners are much better at learning things by listening. You can store information by just how something sounds. You love to hear spoken, clear instructions. Visual learners learn through seeing! They benefit from graphics, texts, colors. It's much easier to remember when you organize by colors! Tactile learners thrive at doing and touching as you learn. I am a tactile learner. I thrive at adapting in environments, and I struggle being talked to. I need to figure out for myself how to figure something out BEFORE I ask for help. Usually this requires me just doing whatever it is we're learning. For example, just throwing myself onto a line of code and troubleshooting until I understand exactly what it is I am doing.

I think learning styles absolutely affect how everybody learns. A visual learner would do horrible sitting in the back of a lecture hall where they can't see anything and have to rely on audio. The same goes for an auditory learner trying to get their work done online, there's nobody to tell them what or how to do a thing. I think that you have to adapt your own skillset to be fully equipped to learn. Understanding what kind of learner you are will really help you do better in life!