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## Learning Styles

Learning styles is something that has been mentioned many times within my time as a student but we were never really told how it was supposed to help or given any proof that it does. The most that was ever said is that there were preferred methods such as reading or visual, but that being said nothing in class changed based on these preferences.

Learning styles are simply preferences to how an individual likes to learn, that does not mean it is the only way a student can learn. All people can learn the same subject matter in a number of different ways, and should be able to retain the information once they have an understanding of the topic. This being said, we all know that all people have preferences and these should be taken into account when studying, which is generally where the student must take control of their learning. Generally it is best to take in the same information in a variety of ways so that ones brain can reinforce the connections previously made and so the student could explain the concept in their own words.