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## Learning Styles Thoughts

I think learning styles do somewhat affect how we learn. I don't think that a learning style wholly depicts how a person learns the best. Personally, I don't know how I learn the best when it comes to memorizing material. What I found useful was just meaningful repetition to have information ingrained into my memory. I've tried many styles of repetition such as flash cards or using pictures and savings/acronyms and all of them work to an extent for me. I've used different learning styles for repetition, but none stand out for me. What I do know is that other people prefer to learn in different styles compared to me. I scored the lowest on tactile learning when I took the test and I agree on that front. Going out and learning by touch doesn't really do it for me. I'd rather learn through other ways, but I know a few friends of mine who love learning by doing activities and feel they learn better by hands-on projects. I read the article saying that learning styles have no scientific proof that they help kids learn better, but I think by learning in the style you find most helpful, you get more enjoyment out of learning and therefore learn better. Learning is always more impactful when having fun or feel like you understand the material, so if you think you are learning better by listening to lectures, or re-writing notes over and over again that's okay. Even though the "learning styles" aren't factually proven to be helpful, just the idea of their existence and practice of what feels most beneficial might actually help people learn faster and more efficiently.

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