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**Learning Styles**

I believe learning styles do affect how someone learns. I can read a textbook all I want but if I don’t have a visual or practical application for the material, it will be very hard for me to retain the information. I do my best learning through videos and tutorials or through tactical work by just trying out the subject. This is why I consider myself to not be very “book smart”. I have never done well in subjects such as science which require a lot of reading and memorizing. Whereas I tend to excel in subjects like math where visuals and tactics are vital to learning the material.

This being said, in the article *The Problem With “Learning Styles”* Cindi May notes “…perhaps a match between students’ individual learning styles and their study strategies is the key to optimal outcome.” (May, 2018) While learning styles do differ, the author goes on to give research and data as to why matching learning styles with study styles does not work. Later, May points out the tried-and-true method of practical application and to “…elaborate on material to make meaningful connections…” (May, 2018). All this research begs the question, is studying the material through memorization less effective than applying the knowledge to real life scenarios and truly knowing how it works?

May, C. (2018, May 29). *The problem with “Learning styles.”* Scientific American. https://www.scientificamerican.com/article/the-problem-with-learning-styles/