Nicole Anastasi Week Two Reflection: Learning Styles

I found the article by Cindi May on learning styles to be informative. It’s easy to accept ideas that come along seeming to make sense even though they aren’t presented with much or any evidence. This applies to everything, be it nutrition, exercise, child rearing, or learning. And so it has been for me too. At the same time, I am accustomed to trying ideas on without getting too settled in. The pace of change we strive to keep up with these days in some ways demands that we avoid committing to anything. Why get attached when we know that everything will fall out of fashion, be exposed as incorrect, or at least incomplete. All of this speaks to my state of mind when encountering new ideas, as it was when I first heard about learning styles. I took it as “current fact,” which could also be described as an interesting idea with heuristic value.

The idea that educators must present content to each student in ways that are believed to be ideal for each seems overwhelming if not impossible. It makes much more sense to me that each student be responsible for curating what they are exposed to in the ways that help them learn best. I don’t think there is a right answer for all, but that as many modes of learning be available for students to avail themselves of. I suppose you could call it buffet-style. I suspect that for most students, the more ways they employ to understand a thing, the more completely they will understand it, and the better they will remember and use it later.

I have taken assessments about learning styles years ago. I don’t remember what the results were, and I don’t think I really changed anything because of them. This time around I wasn’t surprised by the results. %40 Visual/ %35 Auditory/ %25 Tactile. The description at the end felt like a definite match to me, for Visual. And I make use of most suggestions that were made. It was a good reminder though that I can make more of an effort to mix those things into my study scheme.