I do think that learning styles do exist to an extent. No matter how many times I read something, I will never really be able to grasp it until I try it myself. I need to “do the thing” in order to “know the thing.” For example, you could read the recipe of how to make something, but likely it will require several attempts before you get it the way you want to – at least for me anyway.

I definitely think that learning styles affect how we learn, at least in my own experience and what I’ve seen first hand. I’m usually a pretty quick learner, but if I don’t get to practice or attempt what it is that I’m learning, and can’t apply it in any real way, it’s usually not something I will remember or knowledge that I will hold onto for any real amount of time.