



# THE MYTH OF LEARNING STYLES



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## TIPS AND RECOMMENDATIONS





## TALK OPENLY ABOUT MISTAKES AND ATTEMPTS



### **Why?**

Mistakes are opportunities to learn, not signs of failure. They allow the brain to create new connections.

### **To do:**

✓ Tell them: “You tried a strategy, it didn’t work? That’s valuable information! What are we testing now?”



## AVOID LIMITING LABELS



**To avoid:** “You are visual,” “You are not made for studying,” “You don’t have a knack for math.”

**Why?**

Even if well-intentioned, these phrases can trap your child in a fixed view of themselves. This limits their confidence and motivation

**What to do:**

✓ Highlight their efforts, strategies, and progress: “You’ve found a method that works for you, great!”



## HELP YOUR CHILD DISCOVER THEIR PREFERENCES WITHOUT LIMITING THEMSELVES



### **Why?**

Having a preference does not mean that is a fixed profile. Your child may enjoy learning through movement and learning to listen or read well.

### **To do:**

✓ Ask questions like: “Do you remember better when you say it out loud or when you draw it?” Then invite them to try another method: “What if we try it differently this time?”



## BECOME A "COACH", NOT A JUDGE



### **Why?**

Your role is not to evaluate but to guide. A child learns better when they feel supported, understood and encouraged.

### **To do:**

✓ Create a calm environment at home: offer shared work times, without pressure, where mistakes are allowed and effort is valued.



## ENCOURAGE DIVERSITY IN LEARNING METHODS



### **Why?**

The brain learns better when multiple channels are activated (seeing, saying, doing, listening...). Variety stimulates understanding and memorization.

### **To do:**

✓ Alternate approaches: read aloud, draw a diagram, explain to someone, handle an object, play a quiz game,...

A good learning process is not about a fixed style, but about attitudes, varied attempts, motivation, and confidence. By adopting a flexible, open, and caring posture, you give your child the best chances to become an autonomous learner, curious... and above all, one who enjoys learning.

**SUMMARY**





"Learning styles & the importance of critical self-reflection"  
- Tesia Marshik



"Misconceptions of Learning Styles"  
- Anita Acai



"Toward a Deeper Understanding of the Learning Style Myth" -  
Journal of Educational Psychology



"How Common Is Belief in the Learning Styles Neuromyth, and Does It Matter?"



"The Biggest Myth In Education" -  
Veritasium



## **"TOWARD A DEEPER UNDERSTANDING OF THE LEARNING STYLE MYTH" - JOURNAL OF EDUCATIONAL PSYCHOLOGY**

This study examines how both educators and non-educators interpret the concept of learning styles, focusing on whether they view them as innate, hereditary, or linked to brain function. Findings reveal that many incorrectly perceive learning styles as fixed traits present from birth that influence how the brain processes information.



## "THE BIGGEST MYTH IN EDUCATION" - VERITASiUM

Learning styles being a myth is persistent, but it doesn't mean a preference for visual information isn't present.





## **"HOW COMMON IS BELIEF IN THE LEARNING STYLES NEUROMYTH, AND DOES IT MATTER?" - A PRAGMATIC SYSTEMATIC REVIEW**

It discusses the widespread belief in learning styles despite substantial evidence discrediting their effectiveness. It highlights that many educators and institutions still endorse the idea that tailoring teaching methods to individual learning styles improves educational outcomes. The persistence of this neuromyth is attributed to factors such as confirmation bias and the intuitive appeal of the concept. The review emphasizes the need to focus on evidence-based teaching practices rather than perpetuating debunked myths



## "MISCONCEPTIONS OF LEARNING STYLES" - ANITA ACAI | TEDxQUELPHU

This TEDx talk clearly explains why the belief in learning styles is limiting and how learning actually works more effectively based on evidence.



## "LEARNING STYLES & THE IMPORTANCE OF CRITICAL SELF-REFLECTION" - TESIA MARSHIK

The belief in learning styles is widespread and rarely questioned, yet research shows little evidence to support it. Despite this, around 90% of students think they have a specific style. This presentation debunks the myth, explores its impact, and examines why it still persists.

