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Being Present Determines Success in e-Learning

By Catherine Franz

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e-Learning requires the same six basic steps as classroom or self-study learning. Educational researchers tell us that each step, I prefer the word stage, each stage is independent of the other, nonlinear, and open to the amount of time spent in processing. The person's tenure in each stage depends on their state, physiologically and mentally, emotional depth, topic, presentation and environment.

1. Knowledge requires absorbing the new information with openness and nonjudgment. Letting go of whether we agree or disagree with the knowledge is important to the success of what we learn. Our beliefs play strong resonance on whether we are open or closed when we first receive the information. Past experiences, culture, and environment to which this knowledge is shared plays into how open or closed the receipt of the information can be. Effectiveness depends in allowing the knowledge to filter in through a charge-neutral state. The information is what it is at that moment and nothing more — at least not yet. Patience does play on the outcome of this stage.

2. Comprehension is the stage of interpretation. This is the time to remain in the present moment and still nonjudgmental. You don't want to allow the past or future to be a part of this mulling process. During this stage, we compare this to previous knowledge, experiences, as well as assumptions. Assumptions, even if not clearly defined, can

bubble up or stay subconscious during this stage. If the information fills in a gap, it mixes easily and might or might not eliminate the need to continue the process through the other stages. If the information confuses the learning, then the other stages will reinforce the progression.

3. Analysis is breaking down the new information into smaller pieces and then measuring them individually against previous knowledge. This process isn't the easiest hill to climb. This stage is easy to say, "the heck with it," and jump onto the path of least resistance. Conversations with a teacher, mentor, coach, friend, or even a spouse allow us

to side step the path and progress quicker than we normally without this wall bouncing. For instance, a dialogue might go like this: "This is how I see, understand, or comprehend this. How do you see, understand, or comprehend it?" It is just as important to continue this stage with an open mind.

4. Synthesis begins the decision-making stage. We begin to assemble the elements of what you want to keep and toss out. I call this the "izing" stage. This is the opportunity to personalize the information. A time to mesh it into a form you can claim it as your own. It would be the time I "Catherineize" it. If your name is Jennifer or Sam, your "izing" would be: Jenniferizing or Samizing. Boy, adding "izing" can make your name a mouth full, however, the process gives a huge benefit — it's easy to remember and complete.

5. Application stage is exactly what it means. You take what you have "ized," in my case Catherineized, and add it into your life. Writing is one of my favorite ways to play around with figuring out the customizing part (stage 4) and applying it to stories. Teaching and sharing the information is another way to apply the knowledge. You will be taking what you learn and turning it in action by placing energy and effort into it. Applying the new information in a safe environment brings about the best results. Role-playing is an excellent example that provides a safe environment.

6. Evaluation stage is a time to rank its effectiveness. Time to make an appraisal of what the information

transformed to, what is or isn't working, what needs tweaking or trashed. This is the time to allow some judgment in yet not to the point of thinking any of this was a mistake. This is the time that especially synchronicity occurs. This is a time when the universe begins sending you additional assistance or information on how to expand the information for the betterment of humanity. This is because the strength of our energy attractiveness is strong. Look for the synchronicities and enfold them into this stage.

In quick review, again the six basic stages are: knowledge, comprehension, analysis, synthesis, application and evaluation. For those who study the laws of attraction, take special note that stage five emanates the strongest energy for manifesting.

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Keep An Open Mind Because Life Is A Self-Fulfilling Prophecy

By Noel Peebles

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If you haven't got an open mind that's prepared to accept a different way of doing things, then stop reading right now. Buy a novel instead.

The game of life is real and is played between the ears.
The way you think determines the decisions you make.
The decisions you make determines what you do.
And what you do determines how successful you will become.

Your present life is the result of the decisions you have made over the years and the same will be true of your future.

You have a great power under your control – the power to take possession of your mind and to direct it to whatever ends you desire. What you choose to focus your mind on is

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critical because you will become what you think about most of the time. I remember making that comment to a friend of mine and he raised his eyebrows and asked "Does that mean I'm going to become a woman?" Maybe that's taking things too far but...

Life is a series of thoughts and you can become what you think about most of the time. You have the power of choice and you can create the life you want by choosing what to think about.

What do you really want? That question is at the foundation of all success. Wanting it badly enough... that you will work through problem after problem, and failure after failure, to get what you really want.

If you think you can, or you think you can't, you're right!

- What's holding you back from achieving what you really want?
- What's stopping you from developing those brilliant ideas?
- What's stopping you from turning your dreams into reality?

Is it your current circumstances or is it what you are choosing to believe about those circumstances and your power (or lack of) to change them?

Life is a self-fulfilling prophecy. You create the life you live through your choices and your thoughts.

You don't always get exactly what you want, but in the long run you will get what you expect.

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