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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Do You Learn?**

**By Deanna Mascle**

When I was in junior high and high school I really had to work hard to earn good grades. Then my freshman year in high school I made a marvelous discovery. I learned how to study.

I had been practising good study habits for years, but the problem was that the methods I had been taught were not the most effective for my particular learning style. When I discovered, quite by accident, the methods that were the best match for my individual learning style the difference was immediately apparent. My grades increased and I had to spend a lot less time studying to achieve those better results!

Discovering your own individual learning style can have just as dramatic an impact on your ability to learn. Chances are you already have some idea of what your learning style is, but many students simply blame themselves or their teachers for their failure to learn and/or succeed in the classroom. In truth the blame can often be placed on a mismatch of learning style and technique.

There are several different dimensions that impact each person's individual learning style (preferences for temperature, light, food intake, biorhythms, working with others, deep and surface approaches) but one of the primary factors is the way we process information — both taking it in and giving it out.

There are five basic groups that most learners fall into:

~ Visual ~ Aural ~ Read/Write ~ Kinesthetic ~ Multimodal

**Visual**

Visual learners learn best by sight. They learn best from graphic elements such as pictures, videos, posters, slides, graphs, and charts. Color also helps them learn. Visual learners also get the most of lectures that involve graphic elements and textbooks that include diagrams and pictures.

Visual learners gain understanding by studying the spatial arrangements and connections (flow charts and time lines, for example) of their study.

## How Do You Learn?

### Aural

Aural or auditory learners learn best by hearing. They learn best from lectures and discussions.

### Read/Write

Learning is actually a two-step process for Read-Write Learners. They learn from reading written material but only when paired with writing. Writing is key to the learning and processing of information and includes writing ideas, definitions, and notes into the learners' own words.

### Kinesthetic

Kinesthetic learners learn by doing and experiencing. It is a much more hands-on approach to learning than the other methods.

### Multimodal

Multimodal learners either have no strong preference and can learn with any method or have a strong preference for more than one style.

If you'd like to learn more about these learning styles and which type of learner you are then you can take this online questionnaire:

<http://www.vark-learn.com/english/page.asp?p=questionnaire>

Learning about your preferred learning style and tailoring your study habits to meet the needs of your unique learning style can have a dramatic impact on your success as a student.

You can read more articles by

<http://dawggone.net>

and

<http://learn-more.info>

## **The Top 10 Interesting Anthropological Traits of Human Beings**

**By Kathryn Lim**

**The Top 10 Interesting Anthropological Traits of Human Beings by Kathryn Lim**

## How Do You Learn?

1. Most people haven't learned to communicate what they truly feel.

We can learn.

2. Most people are afraid of what they feel.

We can learn to be courageous by being with our feelings without judging and/or making judgments.

3. Most people haven't learned how to be responsible for their own actions or feelings.

We can learn.

4. Most people are afraid of the truth.

We can learn to accept the truth.

5. Most people have fear of being themselves.

We can learn to be real.

6. Most people are afraid of change.

We can learn.

7. Most people are constantly seeking for approval, acceptance and love from others.

We can learn to seek and see self–approval, acceptance and Love from within.

8. Most people don't listen – to themselves or others.

We can learn.

9. Most people are often confused with the difference between child–like and childish.

So am I...and we can learn.

10. Most people don't smile often.

We can learn to enjoy smiling more.

Human beings are indeed so much more!!! HAPPY EVOLVING! :-)

Kathryn Lim is a life coach, business image consultant and author of *Wealth From Within* who can be reached at [kathryn@kathrynlm.com](mailto:kathryn@kathrynlm.com), or visited on the web <http://www.cvreferral.com/17/108655.html>

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