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Learning Styles

By Brenda Townsend Hall

A discussion is needed about the importance of offering students a range of learning experiences. I

always feel aware of learners' frustrations when I watch classes based purely on reading and writing. Yet often learners don't themselves understand these frustrations. For many learners, studying is associated with this method and they don't consciously question it. Yet if teachers gradually introduce other elements into the classroom, you can see learners blossom.

The first step to try is to use pictures to appeal to the visual sense. Even students whose primary learning style is not visual can benefit. The advantage is that the written word with its complexities is not there as a block to understanding. The picture speaks directly to the learner and they can interpret it as they wish. Any written work can come after use of the pictures as a means of reinforcing the message. One exercise I have used repeatedly is to get students to choose three postcards from a pile I scatter on the table. I ask them to associate each picture with an incident in their past, an issue from their present and a hope for the future. They each talk about their pictures and ask for help if they get stuck with a word or a structure.

Using sound-scapes will appeal to students with auditory preferences. Again the sounds are open to interpretation and the students can give free rein to their imagination. Both pictures and sounds act as powerful anchors for the memory too.

Action-oriented lessons will appeal to students who like to involve their whole being in learning, and don't forget that some students will prefer solitary study while others like group activities.

I think it's important for the academic program to have varied activities that can engage many different learning styles so that classrooms are truly dynamic.

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6 Simple Steps To Accelerating your Learning

By Jake Sim

What is Accelerated learning?

Simply put, accelerated learning is the ability to absorb and understand new information quickly, and also to be able to retain that information.

It involves the process of unleashing the abilities within us. Every one of us learn differently. Accelerated learning calls upon us to learn techniques of learning that exactly match our personal learning styles. When we are learning in our preferred ways, learning becomes natural, easier and faster. That's why it's called accelerated learning.

Basically, the brain can be thought of being made up of the "Left Brain" and "Right brain". The left brain is the expert in language, mathematical processes, logical thoughts, sequences and analysis. The right brain specializes in rhythm, music, visual impressions, color, and pictures. Although each is dominant in certain activities, both sides are involved in almost all thinking. The point is that to learn the accelerated way, you must involve your whole brain.

Have you heard of the 8 intelligences? Can you name all 8 to me? There are 8 multiple intelligences : Linguistic, Logical–Mathematics, Visual–Spatial, Bodily–Kinesthetic, Musical, Interpersonal, Intrapersonal, and Naturalist as put forth by Harvard professor of education Howard Gartner. In accelerated learning, we use our strongest form of these 8 intelligences and learning will then be more enjoyable.

To master the art of accelerated learning overnight is impossible. It takes time and effort to increase the rate at which you learn. Still, let me give a brief overview of the entire process of accelerated learning. The 6 simple steps to accelerating your learning are:

Motivating the mind – motivating yourself so that you are in a confident and resourceful state that best supports learning. There are several ways, including the use of visualization, affirmations, and goals–setting.

Acquiring the information – using your personal and preferred way of absorbing the information. There are 3 distinct styles of processing information that we use. We'll use all 3 styles, only the degree to which we use them differs and that accounts for our varying styles of learning. The 3 styles are Visual (seeing), Auditory (hearing), and Kinesthetic (physical activities and involvement). So, your job is to find out your preferred style of learning and use methods of learning that correspond to your style.

Searching out the meaning – when what you're learning has meaning to you, remembering it is will be an easy feat! Again, this depends on the most dominant form of intelligence in you and how you exploit it.

Triggering the memory – recall whatever you've learned at will with proven memory techniques. Such

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techniques may include the link method, the number–shape methods and so on. You have to consider the workings of memory and learn only when your memory is in an optimal state.

Exhibiting what you know – show that you know and fully comprehend what you've learned. If your learning and absorption of the information have been effective, you must be able to be fully capable of showing it anytime and anywhere. If you can really show that you know, you have absolutely comprehended the material you've learned!

Reflecting upon what you've learned – learning is a continuous process; we must learn from our mistakes. Self–analysis is important as it marks the end of the accelerated learning of a skill or new knowledge. When, upon finishing your learning of something, you reflect upon the process itself.

Of course, reading about the process and not taking action will not in any way serve you to master accelerated learning. If you're still unsure of how to proceed to really go into deeper depth into accelerated learning, you may download my free accelerated learning ebook course at:

<http://self-improvement101.uni.cc/free-self-help-courses/mental/accelerated-learning.htm>

Remember, the essence of accelerated learning is in using methods of learning that really suits your natural learning style. Good luck with your quest towards accelerated learning!

Jake Sim is the founder of Self-Improvement101, a popular website about personal development. Great personal success articles, free ebooks and downloadable courses, and more resources are available. Subscribe to his highly recommended newsletter and get a FREE \$19 self-growth ebook!

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