

7 Ways to Learn Anything

If you are having difficulty learning a new concept, skill or task, try linking your learning to as many different intelligences as possible

Generally take the information to be learned and

- Talk, read or write about it (WORD)
- Draw, sketch or visualise it (SPACE & VISION)
- Dance, build a model, computer program (BODY)
- Sing, chant it, find music that illustrates it or play background music (MUSIC)
- Relate it to a personal experience (SELF)
- Work on it with another person or in a group (PEOPLE)
- Draw a graph, make linear notes in point form (NUMBER)

SITTING SMART

Be aware of how you are sitting now.

- Is your spine straight or crooked?
- Is your head in alignment with the rest of your body?
- Is there tension in your arms, legs, neck, face, stomach?
- Is your breathing restricted?

Consciously make a decision to change your posture to one that allows freedom & poise.

Pay attention to how different you feel in your body & how your breathing changes.

AUDITORY "I'm in tune with what you're saying."

VISUAL "I see your point."

LANGUAGE "Your words speak loud & clear."

BODY "I'm in touch with where you're going on this."

NUMERICAL "Everything you are saying just adds up."

PEOPLE "I can relate to that."

SELF "I have a good feeling inside about what you said."