



December 2011 Monthly Bulletin

*Think you know
your mind?*

Get to know your learning style

Imagine you've just traded in your old TV for a brand new flat screen with all the latest bells and whistles. You can bet there's a lot to learn about your new TV. And depending on your learning style, you may prefer to:

- Have someone tell you — step by step — how to get it up and running.
- Sit down and read the instructions yourself.
- Or experiment with the TV and learn as you try it out.

Each of these choices reflects a unique learning strength and style.

What are the different learning styles?¹

We all learn differently. No style is right or wrong: They're just different.

People may do their best when they learn through their:

- **Vision** – Many learn best by seeing something.
- **Hearing** – Others learn by hearing something.
- **Actions** – Some learn best by touching or doing.
- **Logic** – Some learn through organizing, repeating or finding patterns.
- **Words** – Many learn by talking about something.

What's your style?

Do you learn more easily when you see, hear, discuss, detect patterns or get "hands on" with something new? Discover your style and then use it to your advantage. For example:

- If you're a visual learner, read a book or manual when you want to learn something new.
- If you learn as you hear, listen to audio books or instructional manuals, or attend lectures.
- If you're an action-oriented learner, take a "hands on" approach: Do the new task or activity to figure it out.
- If you learn by talking things over, join a discussion group or get a mentor to speak with you one-on-one.
- If you're a logical thinker, review new information until it feels organized and makes sense to you.

Most people can learn in a few different ways, but may be strongest in one style. See if you can identify your style. You'll improve your ability to grasp new ideas and information, and eliminate a lot of frustration!

¹www.ehow.com

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

1-888-825-3509
www.HorizonCareLink.com
Username: firstdata
Password: myeap

Live and learn