

ADHD: Unleashing the Mysteries and Madness of Products and Strategies of Time-Management

WHAT TYPE OF LEARNER ARE YOU?

Which of your senses do you like to use the most?



Visual Learner- prefers to learn by seeing or reading. You may find yourself saying "I see what you're saying."



Auditory Learner- like to hear things to process and or visualize. You may say "I hear what you're saying."



Tactile Learner- need to handle things and learns best by "doing."

Knowing how you learn-creates strengths!!

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