

# SOI AND LEARNING SUCCESS

## SOI IS TO LEARNING AS MEDICAL SERVICE IS TO HEALTH

If you were born with the appropriate genes and capacities; got proper nutrition; pursued rigorous mental and physical activity; and avoided major injury – you would probably never need medical intervention to live a healthy life.

On the other hand, if your health is compromised in some way, you seek out medical services to get a diagnosis that will lead to an intervention and cure. And, if you are the risk-avoidance type, you might seek medical services even if you have no obvious health problems. Well-health exams are a means of avoiding sickness in the future by identifying incipient problems and treating them before they become compromising.

SOI and learning is analogous to medical service and health. If a person were born with full capacities; got the proper nutrition; received proper instruction; led an inquiring life; and avoided mentally crippling addiction – he or she would probably never need SOI services.

On the other, if the person finds learning difficult to the point of losing status or even dismissal, then he or she could seek SOI services for testing, diagnosis, and training intervention that would correct the problem.

And if the person were a student in the formative years of his or her education, then the earlier the problem is addressed, the less struggle there is to make up for the learning that has been lost.

And, if the person (or the parent of the student) is a risk-avoidance type, he or she might consider the value of a well-learner exam to reveal any weaknesses that have not yet been exposed but will cause problems in the future.

Actually, there is one more parallel between medical practice and SOI.

A part of medical practice and research is to establish templates for a healthy lifestyle: get at least eight hours sleep, eat a well-rounded diet, exercise some every week, avoid stress, and do not smoke. Those who follow this regimen are less likely to experience health problems.

The SOI counterpart of this template for a healthy learning style is to push yourself to develop and/or strengthen intellectual abilities that are not currently in your learning repertory.

You never know when those abilities may be needed, and you may find that new-found opportunities will open up with the new abilities in hand.

The more ways that you exercise your brain, the more capacity you will have and the less chance that the capacities you have developed will atrophy.

The point of developing this analogy at some length is to illustrate that SOI, like medical practice can function as:

- a clinical service for examining, diagnosing, and treating problems
- a preventive service for exposing weaknesses before they become manifest as problems
- a source for broader learning opportunities and continued learning health