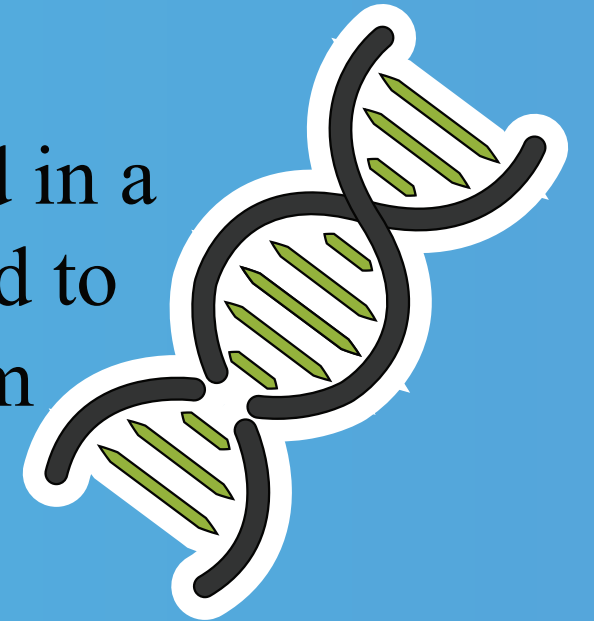


# Why Do I Need to Learn



## **Improve your ability to learn.**

You are going to figure out how you learn best by being challenged in a subject you know little about. Let's face it, you will eventually need to know how to remember things, write reasonable sentences, problem solve, and be an effective contributor to this world. All of those skills are used in Biology!



## **Basic knowledge of Biology helps you understand what your body needs to perform optimally and feel your best.**

Do you know exactly what you are putting in or on your body? From macronutrients to micronutrients, having a fundamental understanding of the make-up of your body and what it requires can help you live a longer, healthier, happy life.

## **Biology can help you make informed decision about your own health.**

Healthcare professional are amazing dedicated professionals however, sometimes mistakes are made. Having a fundamental understanding of Biology can help you better understand and communicate with medical professionals. You may even identify an error or suggest an alternate solution...if you understand Biology.

## **Learn how to follow directions in an efficient manner.**

If you don't know how to do something, what do you do? You may look up the instructions or watch a how-to video. Biology will help improve your ability to interpret directions in a variety of formats and help you solve problems more efficiently.



## **An understanding of Biology can help keep you safe!**

Throughout Biology you will, learn how various molecules can influence cells. Guess what! You are a big lump of cells! Understanding how cells behave in various conditions can help you better understand how to care for your body. For example, why you get thirsty when you eat salty food. Understanding Biology can help you be more in-tune to your body and allow you to detect when something is wrong more quickly (ABCD's of Skin Cancer, Mitosis). That could save your life!