

The Art of Being-Smarter™ Ys-Common's Round-Tables

*Being Smarter makes us more Versatile.
Being more Versatile increases our Adaptability
that increases our Options and Opportunities,
which gives us greater Control of our Lives.*

*There are 16 Primary Components
that influence a Homo Sapien Sapien
in Extant's ability to-be Smarter.*

*Join Us!
See Page 2 for a brief
description of each Component*

Our Mental Health

Our Physical Health

Our Emotional Health

Our Physique's Physiology

Our Human Physique

Our Gender: Puberty/Consequences

Our Sentient Systems

Our Self-Management Systems (4 Brains)

Our Assimilation Skills

Our Socializing Skills

Our Aptitudes

Our Anticipation Skills

Our Emotional Mgt. Skills

Our Adaptive Guidance Systems

Our Collaboration Skills

Our Integration Skills



Back to the FUTURE

A One-Room School House

The Art of Being-Smarter: How-to DIY On-the-Fly using A.I. :Ys-ly. For Capable + Competent + Collaborative Competitors.
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*"By failing to Prepare,
you are preparing to
fail." Ben Franklin*

The Art of Being-Smarter™

Here are **16 Primary Components** that affect a 21st Century Homo Sapien Sapien in Extant's ability to-be Smarter.

(That is the last 60,000 year species designation for us 2024 Human Beings. When we separated from Neanderthals.)

Our Human Physique: The Human Physical Structure = Shape + Skin + Bone + Muscle + Fat + Internal Systems and Organs that function according to our Physical Health + Mental Health + Competent Sustenance/Maintenance.

The 21st Century's **Smart Exercise Path** for optimizing our Physical capabilities that will free us to optimize our Intellectual development, Today and Tomorrow => in order of their importance: 1) Posture; 2) range of Motion; 3) flexibility; 4) agility; 5) balance; 6) reflexes; 7) structural coordination; 8) hand & eye coordination; 9) bone jarring legs/arms – jump rope; 10) diaphragm breathing; 11) strength; 12) stamina; 13) depth perception; 14) relations in space; 15) your position in space; 16) rhythm + teamwork = ball room dancing.

Our Physique's Physiology: Our Physical Structure's Operating Systems: How-to Sustain/Maintain efficient Structural Components Capabilities: Heart + Lungs (Diaphragm Exercises) + Glands + Liver + Colon + Stomach + Waste disposal, etc., etc., etc. Operating Systems dictate the effectiveness of our Management Systems.

Our Physical Health: Our Physical Structure's Maintenance Systems: How-to maintain efficient Structural Capabilities: Cardio Vascular + Axon Neuron Network + Respiratory System (Diaphragm Exercises) + Immune System, etc., etc., etc.

Our Mental Health: Depends-on "What" we believe to be true about our Situation + Circumstance — relative-to our perceived Options and Opportunities.

Our Emotional Health: Actually depends-on our Defined Personal Value System: Our Personal Value System is built between the ages of 8–12 from experiences and observation of family + friends + neighbors + authority figures + media — and is our gauge-of-morality until we die, unless intentionally modified.

Our Sentient Systems: Our Human Ubiety Systems that connect us to our immediate World (aka: Sensory Receptors) and creates our Presence/our sense of self => Taste + Touch + Smell + Vision + Hearing + Hunger + Thirst + Sleepiness + Temperature + Balance + Dynamic equilibrium (body motion) + Static equilibrium (body position or orientation) + Spatial Orientation Pressure + Visceral Pain + atmospheric/geological/environmental Vibration + Electromagnetic vibrations from another Human being, etc., etc., etc. Excessive use of single receptors can dampen the effectiveness of the System.

Our Gender – Puberty and its consequences:
A) We are a 2-Gender-based procreation species. Male = XY Chromosome-built DNA. Female = XX Chromosome-built DNA. Each Gender has assigned + inherent + unique Species responsibilities > that are not always compatible.
B) Our off-Spring have the longest dependency of any Mammal that is divided into 7 levels of Growth and Development.
C) We have the longest lifespan of any Mammal and, In the End, we tend-to physically deteriorate and need assisted living.

Our Self-Management Systems = 4-Brains: Our **Reptilian Brain** controls Fight or Flight + Procreation + Left Side of our Cerebral Cortex; our **Mammalian Brain** controls/manages the Operating System (aka: Physiology) of Home Sapiens Sapiens in Extant; our **NeoCortex** provides the gender-neutral Memory Banks that support the dual functions of our **Cerebral Cortex**. (Sleep helps our brain sort.)

Our Assimilation Skills: Acquiring Knowledge Skills + Calculating Skills + recall on-demand Skills + + + = our Intellectual Acuity.

Our Socializing Skills: Our Cultural Socializing Systems built from experience with family, friends, neighbors, authority figures, socializing with Peers. Our Physical

Defining each Component and putting it into Context will make you **Smarter**.

You can go to Google, research each Component, and make a Knowledge deposit into your Memory Bank. If you would like to attend a 2-hour Zoom-In Round Table **Socratic Discussion and Mentoring Session**, email us at info@scholasticengineering.com and we will schedule a meeting from among our Contacts. \$48/participant.

Structure's Species-based Communication Systems = Body Language + Sound + Behavior + Presentation. XX Chromosome DNA = *Words Matter*. XY Chromosome DNA = *Behavior testifies to Beliefs*.

Our Aptitudes: Our range of inherent Physical + Mental + Emotional Capabilities/Competencies to deal with the World around us.

Our Anticipation Skills: Recognizing Truths and their Consequences in Context relatively + relationally + rationally.

Our Emotional Management Skills: Manage our own and be aware of the potential emotional impact of our behavior on others.

Our Adaptive Guidance System: The **Left Side** of our Cerebral Cortex — dominates the Management of our XX Chromosome-built DNA Humans' compliance with THEIR Species-inherent capabilities. The **Right Side** of our Cerebral Cortex — dominates the Management of our XY Chromosome-built DNA with THEIR compliance with inherent responsibilities. Both sides inherent functionality have been reinforced by millenniums of Culturally directed Role-playing via selective breeding. XX human beings tend to-be *literal* and XY human beings tend to be *metaphorical*. Both are susceptible to modification. XY is more-adaptable since it does not have child-bearing responsibilities

Our Collaboration Skills: The ability to seek-out and accept the Perspectives of others to augment your own. And proceed in Context and Concert as a member of an-ensemble.

Our Integration Skills: Recognized + Respected + Accepted unselfish participation in Spontaneous Collaboration in Context (ad hoc).



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