

# BE<sup>®</sup> Full Report

NAME: [REDACTED] | COMPLETED: [REDACTED]



If learning is fundamental to everything we do, then understanding one's unique learning style is fundamental to learning. The principled action that exemplifies individuals' success is recognizing, understanding, appreciating and, most importantly, valuing the diversity of learning, thinking, and working styles. Self-awareness of one's learning strengths and productivity preferences provides an illuminating perspective that may enrich one's personal and professional well being. When the unique characteristics possessed by others are valued, a positive shift in attitude often ensues. BE provides you with a personalized report that includes a one-page overview, a brief summary overview, detailed narrative descriptions and recommended strategies. When strategies are implemented, the following benefits may take place: (a) reduced anxiety and stress; (b) individual responsibility for learning; (c) improved learning attitudes; (d) enhanced self-leadership; (e) strengthened communication; and (f) improved performance in educational and work-based learning environments.

# BE Two-Page Profile

## Learning-Style Strengths

<b>PERCEPTUAL</b>	Strong	Moderate	It Depends	Moderate	Strong
<b>Auditory</b>					
	Less Auditory			More Auditory	
<b>Visual Picture</b>					
	Less Visual Picture			More Visual Picture	
<b>Visual Word</b>					
	Less Visual Word			More Visual Word	
<b>Tactual</b>					
	Less Tactual			More Tactual	
<b>Kinesthetic</b>					
	Less Kinesthetic			More Kinesthetic	
<b>Auditory Verbal</b>					
	Less Auditory Verbal			More Auditory Verbal	

<b>PSYCHOLOGICAL</b>	Strong	Moderate	It Depends	Moderate	Strong
<b>Analytic / Global</b>					
	Analytic		Integrated	Global	
<b>Reflective / Impulsive</b>					
	Reflective			Impulsive	

<b>ENVIRONMENTAL</b>	Strong	Moderate	It Depends	Moderate	Strong
<b>Sound</b>					
	Quiet				Sound
<b>Light</b>					
	Low Light			Bright Light	
<b>Temperature</b>					
	Warm Temperature			Cool Temperature	
<b>Seating</b>					
	Informal Seating			Formal Seating	

## BE Two-Page Profile Learning-Style Strengths (Continued)

<b>PHYSIOLOGICAL</b>	Strong	Moderate	It Depends	Moderate	Strong
<b>Early Morning</b>					
	Not Early Morning			Early Morning	
<b>Late Morning / Early Afternoon</b>					
	Not Late Morning / Early Afternoon			Late Morning / Early Afternoon	
<b>Late Afternoon</b>					
	Not Late Afternoon			Late Afternoon	
<b>Evening</b>					
	Not Evening			Evening	
<b>Intake</b>					
	Less Intake			More Intake	
<b>Mobility</b>					
	Less Mobility			More Mobility	

<b>EMOTIONAL</b>	Strong	Moderate	It Depends	Moderate	Strong
<b>Motivation</b>					
	Internally Motivated			Externally Motivated	
<b>Task Persistence</b>					
	Multi-Task Persistent			Single-Task Persistent	
<b>Conformity</b>					
	Less Conforming			More Conforming	
<b>Structure</b>					
	Less Structure			More Structure	

<b>SOCIOLOGICAL</b>	Strong	Moderate	It Depends	Moderate	Strong
<b>Alone</b>					
	Alone Less Preferred			Alone More Preferred	
<b>Pair</b>					
	Pair Less Preferred			Pair More Preferred	
<b>Small Group</b>					
	Small Group Less Preferred			Small Group More Preferred	
<b>Large Group</b>					
	Large Group Less Preferred			Large Group More Preferred	
<b>Authority</b>					
	Less Authority			More Authority	
<b>Variety</b>					
	Less Variety			More Variety	

# BE Brief Introduction to Your Strengths and Preferences



## **It Depends...Auditory**

It depends describes an element that essentially does not affect you. You are encouraged to utilize one of your strengths when learning new and difficult information.



## **Moderate...More Visual Picture**

Your MODERATE preference for learning new and difficult information by creating mental images in your mind's eye or seeing illustrations and graphs is one of your strengths. Exercise this preference much of the time.



## **It Depends...Visual Word**

It depends describes an element that essentially does not affect you. You are encouraged to utilize one of your strengths when learning new and difficult information.



## **Moderate...More Tactual**

Your MODERATE preference for learning new and difficult information through hands-on activities that make use of your small-motor skills is one of your strengths. Exercise this preference much of the time.



## **It Depends...Kinesthetic**

It depends describes an element that essentially does not affect you. You are encouraged to utilize one of your strengths when learning new and difficult information.



## **Moderate...More Auditory Verbal**

You have a MODERATE preference for learning new and difficult information by expressing yourself to others or aloud to yourself such as discussing a subject you are learning or information presented during a meeting or a lecture. This is one of your strengths; exercise it much of the time.



## **Moderate...Global**

You have a MODERATE preference for processing information globally you assimilate and understand information best when the conceptual framework is presented first. In other words, you prefer to begin with the end in mind.



## **Moderate...Impulsive**

Your MODERATE Impulsive preference means that you prefer to act quickly when making decisions and solving problems. Be mindful of "be brief, be bright, and be gone".



## **Strong...Sound**

Your STRONG preference for Sound when concentrating or learning new information means you are able to block out the sound in your immediate surroundings like people around you talking or the radio playing. The quiet is often distracting for you.



## **Moderate...Bright Light**

You have a MODERATE preference for Bright Light. This means you concentrate better when the lighting in your immediate surroundings is well illuminated.

# BE Brief Introduction to Your Strengths and Preferences



## **Moderate...Cool Temperature**

You have a MODERATE preference to be cooler (not cold) rather than warmer when you are concentrating on difficult tasks and learning new things. When you accommodate your needs, your ability to concentrate for an extended period improves thereby reducing stress and increasing productivity and the quality of your work.



## **Moderate...Formal Seating**

You have a MODERATE preference for Formal Seating arrangements when concentrating on difficult tasks and learning new things. Formal Seating includes sitting at a desk or sitting at a library table.



## **Strong...Not Early Morning**

Early Morning is definitely not your best time of day to work on complex tasks and assignments. Although you can accomplish tasks in the Early Morning when you must, this is probably not your best time of day for concentrating on complex tasks and working productively.



## **Moderate...Late Morning / Early Afternoon**

You have a MODERATE preference for dealing with complex tasks and assignments in the Late Morning and Early Afternoon (between 10:00 AM and 2:00 PM/10:00 and 14:00). You are more effective when you can tackle complex problems and tasks, attend class, or study at this time of day.



## **Moderate...Late Afternoon**

You have a MODERATE preference for dealing with complex tasks and assignments in the Late Afternoon. You are more effective when you can tackle complex problems and tasks, attend class, or study at this time of day.



## **Strong...Not Evening**

Evening is definitely not your best time of day to work on complex tasks and assignments. Although you can accomplish tasks in the Evening (after supper) when you must, this is probably not your best time of day for concentrating on complex tasks and working productively.



## **Strong...More Intake**

You have a STRONG preference for snacking on food while you are working on complex tasks or assignments. Snacking definitely helps you to concentrate.



## **It Depends...Mobility**

Mobility is a non-essential element and, as a rule, does not affect you one way or the other. You work and learn well regardless of whether you stay in one place or get up and move around.



## **It Depends...Motivation**

Motivation is non-essential element. Generally speaking, you are not affected one way or the other.



## **It Depends...Task Persistence**

Task Persistent is non-essential element. Generally speaking, you are not affected one way or the other.

## BE Brief Introduction to Your Strengths and Preferences



### **Moderate...Less Conforming**

You have a MODERATE preference toward being Less Conforming. You usually prefer to complete work tasks and school assignments the way you think they could be done based on your experiences.



### **Strong...Less Structure**

You have a STRONG preference toward having Less Structure. You frequently prefer to complete tasks according to the methods and procedures created by you rather than those created by someone else.



### **Moderate...Alone More Preferred**

You have a MODERATE preference for working Alone. Even though you value working with others, you often are more productive completing tasks when you work Alone.



### **Moderate...Pair More Preferred**

You have a MODERATE preference for working with one other person. Even though you value working with others, you usually are more productive completing tasks when you work with one other person.



### **It Depends...Small Group**

Small Group is a non-essential element. You generally are not affected either way.



### **Strong...Large Group Less Preferred**

You have a STRONG preference for working in ways other than with a Large Group of people. You definitely will be more productive completing tasks when you exercise one of your strengths.



### **It Depends...Authority**

Authority is a non-essential element. You generally are not affected either way.



### **It Depends...Variety**

Variety is a non-essential element. You generally are not affected either way.

# BE Descriptions of Your Strengths and Preferences

<b>Auditory</b>	Less Auditory <span style="float: right;">More Auditory</span>
<p><b>It Depends...Auditory</b> It depends describes an element that essentially does not affect you. You are encouraged to utilize one of your strengths when learning new and difficult information.</p> <p><b>BE Recommended Strategies</b> No strategies necessary.</p>	

<b>Visual Picture</b>	Less Visual Picture <span style="float: right;">More Visual Picture</span>
<p><b>Moderate...More Visual Picture</b> Your MODERATE preference for learning new and difficult information by creating mental images in your mind's eye or seeing illustrations and graphs is one of your strengths. Exercise this preference much of the time.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Create pictures either literally or in your "minds eye", when you listen to someone talk. Break eye contact, listen, and create mental pictures of what you hear. Associate pictures with words by creating/seeing an image of the word in your "minds eye."</li><li>• Learn by watching someone show you how to do something.</li><li>• Ask people to use overheads, charts, flip charts, and handouts that include graphics, flow charts, and illustrations) into their presentations.</li><li>• Use the concept of Mind Mapping' (Tony Buzan).</li><li>• Ask for a map (drawing) of directions with landmarks instead of or in addition to the written directions.</li></ul>	

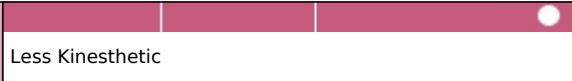
## BE Descriptions of Your Strengths and Preferences

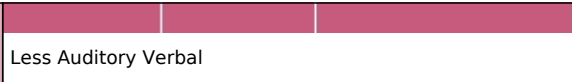
Visual Word	Less Visual Word				More Visual Word	
<p><b>It Depends...Visual Word</b></p> <p>It depends describes an element that essentially does not affect you. You are encouraged to utilize one of your strengths when learning new and difficult information.</p> <p><b>BE Recommended Strategies</b></p> <p>No strategies necessary.</p>						

Tactual	Less Tactual				More Tactual	
<p><b>Moderate...More Tactual</b></p> <p>Your MODERATE preference for learning new and difficult information through hands-on activities that make use of your small-motor skills is one of your strengths. Exercise this preference much of the time.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Take notes, doodle, highlight text, or underline key words while you listen. This engages the tactual modality.</li><li>• Write your thoughts and create outlines on index cards, sticky notes, or white boards. This engages the tactual modality.</li><li>• Keep a koosh ball, rubbing stone, or stress ball handy to help calm your nerves and keep you focused. This is not "child's play" it is a valid adult concept. This engages the tactual modality.</li></ul>						



## BE Descriptions of Your Strengths and Preferences

Kinesthetic					More Kinesthetic
<p><b>It Depends...Kinesthetic</b></p> <p>It depends describes an element that essentially does not affect you. You are encouraged to utilize one of your strengths when learning new and difficult information.</p> <p><b>BE Recommended Strategies</b></p> <p>No strategies necessary.</p>					


Auditory Verbal					More Auditory Verbal
<p><b>Moderate...More Auditory Verbal</b></p> <p>You have a MODERATE preference for learning new and difficult information by expressing yourself to others or aloud to yourself such as discussing a subject you are learning or information presented during a meeting or a lecture. This is one of your strengths; exercise it much of the time.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Be aware of time management. Your need for continuous discussion may interfere with others learning needs. Arrange to meet with others to clarify your questions at a mutually convenient time.</li><li>• Read material in advance and, whenever possible, read it aloud to insure that you retain more.</li><li>• Listen to discussions, ask questions, and talk about what you are learning or about the project in which you are involved. Ask for examples and then take time to synthesize the information.</li><li>• Be aware of how sidebar conversations that you engage in during meetings and classes distract others.</li></ul>					


## BE Descriptions of Your Strengths and Preferences

Analytic / Global				
	Analytic		Integrated	Global
<p><b>Moderate...Global</b></p> <p>You have a MODERATE preference for processing information globally you assimilate and understand information best when the conceptual framework is presented first. In other words, you prefer to begin with the end in mind.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"> <li>• When you are stuck in a random, abstract thinking pattern, find someone with an analytic preference and use his/her strength to complement your strength.</li> <li>• Create or request a bulleted list of key points in order to reduce the amount of detail. Be patient and learn from your analytic counterparts who seek facts and details. The balance often provides insights that otherwise may be overlooked.</li> <li>• Organize your work or study area so that you can see what you are looking for. Otherwise, you may experience "out of sight, out of mind." You tend to organize randomly rather than sequentially. To the outside world, your office may look disorganized due to your preference for piles rather than files. However, you usually find what you are looking for quickly.</li> <li>• Create or request a one-page graphic that provides the big picture and overall concept. Develop a plan that provides basic guidelines without too much detail.</li> <li>• Value the differences between your preferences and those of an analytic thinker. Do not let your desire for less detail block the creative process. Because creativity and innovation are the result of free-flowing information, an inquiring, synergistic form of dialogue, it is a process which takes time. Remember, "When two people always agree, one of them is unnecessary."</li> </ul>				


Reflective / Impulsive				
	Reflective			Impulsive
<p><b>Moderate...Impulsive</b></p> <p>Your MODERATE Impulsive preference means that you prefer to act quickly when making decisions and solving problems. Be mindful of "be brief, be bright, and be gone".</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"> <li>• Observe and review each situation carefully. Then determine the impact of your decision and decide whether the impulsive or reflective approach is more appropriate.</li> <li>• Consider decision criteria and ask yourself these questions: What is the desired outcome? What does the solution look like? Does your decision match the decision criteria?</li> <li>• Take time to brainstorm options. Then consider possible outcomes for each when making complex decisions or solving problems. Check with your reflective counterparts for their different point of view.</li> <li>• Consider the consequences of being too impulsive and not thinking through the problem. Pace yourself. Make a short list of pros and cons either mentally or on paper.</li> <li>• Observe and evaluate whether anxiety or boredom causes you to be more or less impulsive.</li> </ul>				


## BE Descriptions of Your Strengths and Preferences

Sound						Sound
<p><b>Strong...Sound</b></p> <p>Your STRONG preference for Sound when concentrating or learning new information means you are able to block out the sound in your immediate surroundings like people around you talking or the radio playing. The quiet is often distracting for you.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Play background music without lyrics. If you listen to music with lyrics, the words may be distracting and interfere with your ability to concentrate.</li><li>• Use headphones so as not to disturb others.</li><li>• Talk to someone from time to time when you are trying to focus your attention and concentrate.</li><li>• Hum to yourself softly if others are present.</li></ul>						


Light						Bright Light
<p><b>Moderate...Bright Light</b></p> <p>You have a MODERATE preference for Bright Light. This means you concentrate better when the lighting in your immediate surroundings is well illuminated.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Reduce stress by walking around from time-to-time when you are unable to work or study in ight light.</li></ul>						

# BE Descriptions of Your Strengths and Preferences

Temperature				
<p><b>Moderate...Cool Temperature</b></p> <p>You have a MODERATE preference to be cooler (not cold) rather than warmer when you are concentrating on difficult tasks and learning new things. When you accommodate your needs, your ability to concentrate for an extended period improves thereby reducing stress and increasing productivity and the quality of your work.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Use a fan to cool down your body temperature.</li><li>• Wear clothing made of material that eathes.</li><li>• If you are near a window during the winter, open it slightly.</li><li>• Evaluate the lighting to determine how much heat is being emitted.</li></ul>				

Seating				
<p><b>Moderate...Formal Seating</b></p> <p>You have a MODERATE preference for Formal Seating arrangements when concentrating on difficult tasks and learning new things. Formal Seating includes sitting at a desk or sitting at a library table.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Work and study at a desk or table with a firm straight-backed chair.</li><li>• Select a hardwood or plastic chair to sit in, especially when the task requires your undivided attention.</li><li>• Place a solid floor mat under your chair to provide more stability.</li></ul>				

## BE Descriptions of Your Strengths and Preferences


<b>Early Morning</b>		Early Morning
Not Early Morning		

**Strong...Not Early Morning**

Early Morning is definitely not your best time of day to work on complex tasks and assignments. Although you can accomplish tasks in the Early Morning when you must, this is probably not your best time of day for concentrating on complex tasks and working productively.

**BE Recommended Strategies**

- Plan challenging tasks and critical decisions at your most preferred time of day first, followed by your second, third, and fourth preferences.
- When you cannot accommodate your preference, focus your mental energy on the task at hand.
- Do less challenging and creative activities during your least preferred time of day.
- Rotate meetings and study group times to accommodate everyone's needs.
- Investigate the option of flextime at work.
- Consider your preference when scheduling classes.

<b>Late Morning / Early Afternoon</b>		Late Morning / Early Afternoon
Not Late Morning / Early Afternoon		

**Moderate...Late Morning / Early Afternoon**

You have a MODERATE preference for dealing with complex tasks and assignments in the Late Morning and Early Afternoon (between 10:00 AM and 2:00 PM/10:00 and 14:00). You are more effective when you can tackle complex problems and tasks, attend class, or study at this time of day.

**BE Recommended Strategies**

- Plan challenging tasks and critical decisions at your most preferred time of day first, followed by your second, third, and fourth preferences.
- When you cannot accommodate your preference, focus your mental energy on the task at hand.
- Do less challenging and creative activities during your least preferred time of day.
- Rotate meetings and study group times to accommodate everyone's needs.
- Investigate the option of flextime at work.
- Consider your preference when scheduling classes.

## BE Descriptions of Your Strengths and Preferences

<b>Late Afternoon</b>	Not Late Afternoon	Late Afternoon
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**Moderate...Late Afternoon**

You have a MODERATE preference for dealing with complex tasks and assignments in the Late Afternoon. You are more effective when you can tackle complex problems and tasks, attend class, or study at this time of day.

**BE Recommended Strategies**

- Plan challenging tasks and critical decisions at your most preferred time of day first, followed by your second, third, and fourth preferences.
- When you cannot accommodate your preference, focus your mental energy on the task at hand.
- Do less challenging and creative activities during your least preferred time of day.
- Rotate meetings and study group times to accommodate everyone's needs.
- Investigate the option of flextime at work.
- Consider your preference when scheduling classes.

<b>Evening</b>	Not Evening	Evening
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**Strong...Not Evening**


Evening is definitely not your best time of day to work on complex tasks and assignments. Although you can accomplish tasks in the Evening (after supper) when you must, this is probably not your best time of day for concentrating on complex tasks and working productively.

**BE Recommended Strategies**

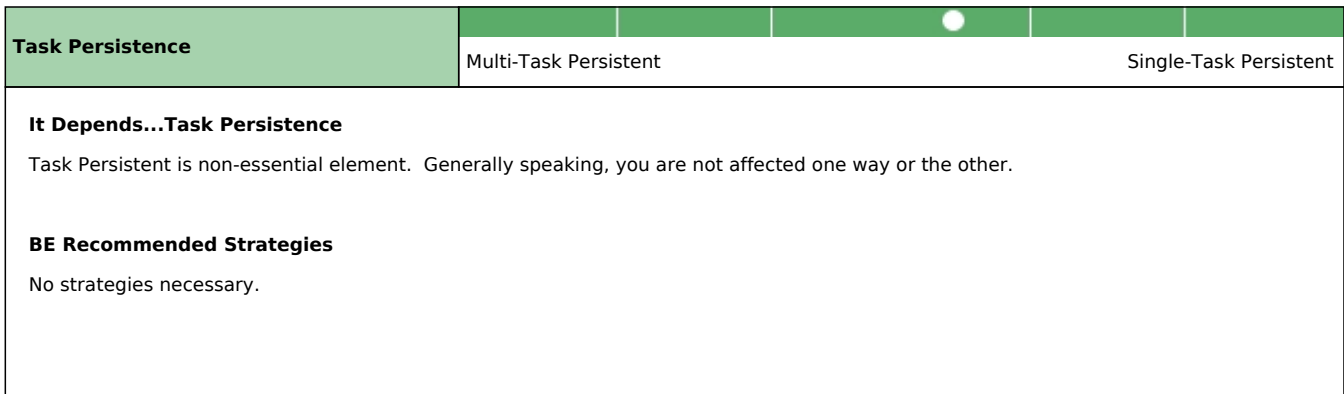
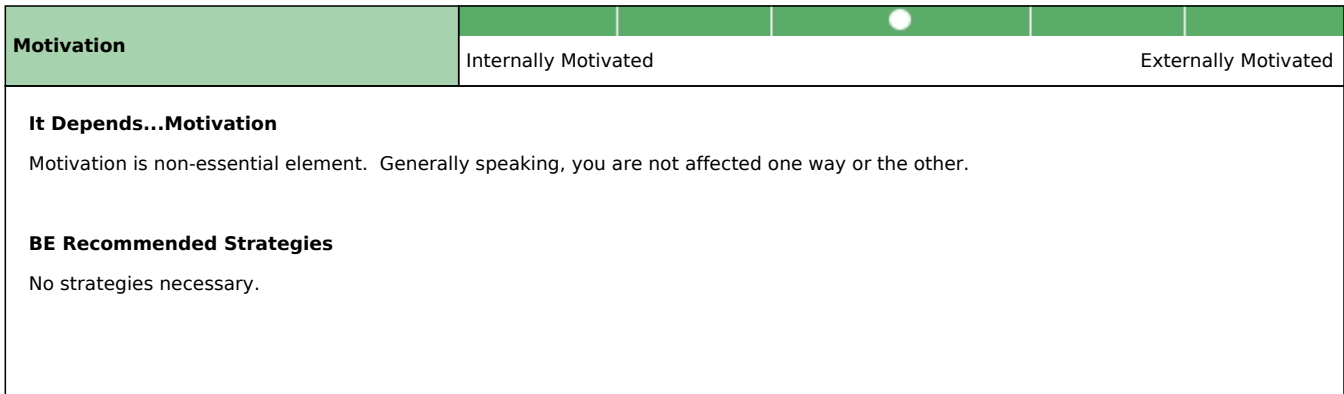
- Plan challenging tasks and critical decisions at your most preferred time of day first, followed by your second, third, and fourth preferences.
- When you cannot accommodate your preference, focus your mental energy on the task at hand.
- Do less challenging and creative activities during your least preferred time of day.
- Rotate meetings and study group times to accommodate everyone's needs.
- Investigate the option of flextime at work.
- Consider your preference when scheduling classes.

## BE Descriptions of Your Strengths and Preferences

Intake	 Less Intake <span style="float: right;">More Intake</span>			
<p><b>Strong...More Intake</b></p> <p>You have a STRONG preference for snacking on food while you are working on complex tasks or assignments. Snacking definitely helps you to concentrate.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Keep healthy snacks around.</li><li>• Chew sugarless gum.</li><li>• Drink water to enhance learning.</li></ul>				

Mobility	 Less Mobility <span style="float: right;">More Mobility</span>			
<p><b>It Depends...Mobility</b></p> <p>Mobility is a non-essential element and, as a rule, does not affect you one way or the other. You work and learn well regardless of whether you stay in one place or get up and move around.</p> <p><b>BE Recommended Strategies</b></p> <p>No strategies necessary.</p>				

## BE Descriptions of Your Strengths and Preferences





# BE Descriptions of Your Strengths and Preferences



## Moderate...Less Conforming

You have a MODERATE preference toward being Less Conforming. You usually prefer to complete work tasks and school assignments the way you think they could be done based on your experiences.

### BE Recommended Strategies

- Challenge the status quo respectfully and agree to disagree. Viewing a situation from a different perspective leads to less conflict and improved working relationships.
- Take time to listen to other viewpoints, which leads to a greater understanding that there may be more than one way to accomplish a task.
- Balance the intuitive sense and logical reasoning before taking action.
- Engage your intuitive sense (gut level feelings). Make certain that your record of success based on the influence of intuition is high, and then advocate respectfully for your sense for knowing.




## Strong...Less Structure


You have a STRONG preference toward having Less Structure. You frequently prefer to complete tasks according to the methods and procedures created by you rather than those created by someone else.

### BE Recommended Strategies


- Set deadlines, milestones, and budgetary restrictions. Develop a balance between your desire to be self-structured and the reality of external directions. Clarify which parts of a project are flexible and which parts need to be done in certain ways.
- Network with others who have done similar tasks and follow the suggestions that lead to success.
- Establish your own work process for how best to achieve a task most productively.
- Engage others regarding direction and procedures. This can help you gain a different perspective on how you are completing tasks, and help insure that you have not missed anything.


## BE Descriptions of Your Strengths and Preferences


Alone	 A horizontal progress bar with five segments. The first segment is light blue, and the second is dark blue. A white circle is positioned in the third segment, indicating a moderate preference.			
<p><b>Moderate...Alone More Preferred</b></p> <p>You have a MODERATE preference for working Alone. Even though you value working with others, you often are more productive completing tasks when you work Alone.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Volunteer to complete tasks that you can accomplish on your own and then come back and work with the your team members.</li><li>• Work in situations that are opposite to your preference for self-development purposes.</li></ul>	Alone Less Preferred			Alone More Preferred

Pair	 A horizontal progress bar with five segments. The first segment is light blue, and the second is dark blue. A white circle is positioned in the third segment, indicating a moderate preference.			
<p><b>Moderate...Pair More Preferred</b></p> <p>You have a MODERATE preference for working with one other person. Even though you value working with others, you usually are more productive completing tasks when you work with one other person.</p> <p><b>BE Recommended Strategies</b></p> <ul style="list-style-type: none"><li>• Brainstorm with one other person.</li><li>• Volunteer to complete tasks that you can accomplish with someone else and then come back and work with the your team members.</li><li>• Work in situations that are opposite to your preference for self-development purposes.</li></ul>	Pair Less Preferred			Pair More Preferred


## BE Descriptions of Your Strengths and Preferences

Small Group	 A horizontal progress bar with five equal segments. The first segment is light blue, and the remaining four are dark blue. A white dot is positioned in the center of the second segment from the left.			
<b>It Depends...Small Group</b> Small Group is a non-essential element. You generally are not affected either way.	Small Group Less Preferred			Small Group More Preferred
<b>BE Recommended Strategies</b> No strategies necessary.				

Large Group	 A horizontal progress bar with five equal segments. The first segment is light blue, and the remaining four are dark blue. A white dot is positioned in the center of the second segment from the left.			
<b>Strong...Large Group Less Preferred</b> You have a STRONG preference for working in ways other than with a Large Group of people. You definitely will be more productive completing tasks when you exercise one of your strengths.	Large Group Less Preferred			Large Group More Preferred
<b>BE Recommended Strategies</b> <ul style="list-style-type: none"><li>• Compare your alone, pair, small group, and large group scores. Focus your attention on those which are strong preferences.</li></ul>				

Authority	 A horizontal progress bar with five equal segments. The first segment is light blue, and the remaining four are dark blue. A white dot is positioned in the center of the third segment from the left.			
<b>It Depends...Authority</b> Authority is a non-essential element. You generally are not affected either way.	Less Authority			More Authority
<b>BE Recommended Strategies</b> No strategies necessary.				

## BE Descriptions of Your Strengths and Preferences

Variety				
	Less Variety			More Variety
<p><b>It Depends...Variety</b> Variety is a non-essential element. You generally are not affected either way.</p> <p><b>BE Recommended Strategies</b> No strategies necessary.</p>				