13.2 Mental Orientation – Oral (Confident)	Social Learning Theory	Encourages verbal participation, presentations, and peer interactions to reinforce learning through spoken expression
14.1 Mental Orientation – Written (Anxiety)	Writing Apprehension Theory	Recommends scaffolded writing tasks and low-stakes writing activities to ease written expression challenges
14.2 Mental Orientation – Written (Confident)	Textual Engagement Theory	Supports independent journaling, written assignments, and analytical writing as a mode of deep learning
15.1 Time Management – Last Minute	Procrastination Behavior Theory	Highlights the need for flexible deadlines, check-ins, and time-awareness tools to support task completion
15.2 Time Management – Organized	Executive Function Theory	Favors structured routines, planner use, and goal-setting strategies to enhance time-bound productivity

Exhibit 5.2

5. Why ALM Give Good Results

ALM brings together your unique preferences, habits, and motivations to create a truly personalized path to success:

1. **Holistic Learning Profile**
   - By combining how you take in information (visual, auditory, hands-on), your study routines, time-management skills, and motivation drivers, Auro Learning gives you a complete picture of what helps you learn best and prepares you for both school and career.