

**Alpha State**

Alpha state is the ideal brainwave state for learning—and SuperCamp students know how to get there!

Let’s look first at the four main categories, or states, of brainwave activity.



**Beta:** Awake, alert, and active. In beta, your brain is attend–ing to many different stimuli at once. Activity is scattered. You may be thinking of many things at the same time or jumping from one activity to another. Beta state is the one you’re in most of the time when you’re awake.



**Alpha:** A state of relaxed concentration. You’re calm and alert, absorbing material and making connections. This is the state that takes all of your brainpower and focuses it on one single thing. It could be your favorite TV show or a game of chess. Or learning! Alpha is the best state for learning.



**Theta:** Theta and delta states both occur while you’re sleeping. In theta state, your brainwaves are slowing down, just seconds away from a deep sleep. This is where you dream and process information. (We also teach students how to make use of this brainwave state to process information learned—see 10-24-7-10 on page 22.)



**Delta:** This is the slowest brain-wave state. You’re in a deep sleep.

The ability to manage our state of mind allows us to perform at our highest level in any situation. SuperCamp students learn **Q-Up**, an amazing tool to access alpha state, the optimal brainwave state to keep them focused and receptive to learning.

**Q-Up!**

Q-Up is all about focus. We get the most done when we’re focused on one thing. We’re relaxed yet focused. We’re in alpha state—and here’s how we get there.

First, we imagine a string attached to the top of our head that’s pulling us up, and then we . . .

**Pull up & picture** (the outcome we want)

**Breathe & release** (relax our jaw and shoulders)

Whenever we’re about to study or read or work on anything important, Q-Up gets us to just the right place: the alpha brainwave state to keep us focused and relaxed for effective learning.



**SLANT**

SLANT is another effective strategy for maintaining focus—this one for staying focused in class. The more actively students participate in class, the more they learn during class—and the more they learn during class, the less they have to learn after class.

Like Q-Up, SLANT helps students to manage their state. SuperCamp students learn the power of state (a combination of thoughts, feelings, and breathing) and physiology (body posture) for effective learning.

Learning and absorbing information is a skill just like reading and writing, and once students master the art of paying attention they absorb much more material. We give students a new SLANT on learning at SuperCamp—a strategy (adapted from the work of Dr. Ed Ellis) to help them achieve higher grades without spending additional time studying. Students who practice SLANT every day in every class are amazed how much they learn . . . just by staying focused!

**S**it up in your chair.

**L**ean forward as if you're hanging on the teacher's every word.

**A**sk questions, even if it's only for clarification.

**N**od your head to let the teacher know that you're interested.

**T**alk to your teacher to establish a relationship with him or her.