Believe it or not, we are able to teach students how to pay attention in class by showing them how to manage their own states. Your child has learned the power of state (a combination of thoughts, feelings, and breathing) and physiology (body posture).

For example, slouching, casting eyes downward, taking deep breaths, and thinking “this is boring” make it very hard to be interested and receptive to information. However, by sitting up with eyes focused, taking shallow breaths, and thinking “this is amazing!” it’s easy to catch every word and even enjoy the learning process.

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 gave students a new SLANT on learning – a strategy (adapted from the work of Dr. Ed Ellis) to help them achieve higher grades without spending additional time studying.

**S**

**Sit up** in your chair.

**L**

**Lean forward** as if you are hanging on the teacher’s every word.

**A**

**Ask questions**, even if it’s only for clarification.

**N**

**Nod your head** to let the teacher know that you are interested.

**T**

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