Academic Skills Review

The Excellent Learner (#1)
I practice the five habits of students who excel: Prepare, Focus, Maximize Learning, Review, Give Best Effort, and Celebrate!

Focus (#2)
I use alpha state and SLANT to boost my concentration.

Quantum Reading (#3)
I Prepare, Get Into State, SuperScan, Read and Review to increase my reading speed and comprehension.

Memory Techniques (#5)
I use picturing and associations to make connections and maximize my memory.

Notes:TM and Mind Mapping (#10)
I use brain-friendly note-taking methods to make notes meaningful and memorable.

Learning Styles, 10-24-7, Circuit Learning (#11)
I use all three learning channels (visual, auditory, and kinesthetic)—and review, review, review to effectively learn and retain new information.

**Quantum Writing – Senior Forum (#12)**
I use the Diverge-Converge-Emerge process to generate lots of ideas, put all my ideas into a purposeful frame, and refine my writing.

**Quantum Writing – Junior Forum (#13)**
I use the POWER Writing framework—Pre-Write, Organize, Write, Edit, and Revise—when I have a writing assignment.

**Creative Thinking (#14)**
I think big . . . get lots of ideas . . . and think outside the box.

**Mystery Words (#15)**
I create Mr. E. Words to remember vocabulary words. For example: I gave Pam MORE ROSES because she was SAD AND GLOOMY = MOROSE.