Absorb Twice As Much – in Half the Time

Are you overwhelmed with the amount of material you must read and retain in school? Try following these eight tips and you’ll be operating at peak performance. They’re all skills you learned at SuperCamp and should be familiar to you. Commit to using them every day!

Discover the power of This Is It in your learning
This Is It, our Key for September, means making the most of every moment. When you apply This Is It to whatever is going on in your classes and to whatever you’re reading, studying, or writing wherever you are, you’ll be amazed at the difference it makes in how much you learn. Think about it. If you’re busy planning what you’re going to do after school or tomorrow, how much are you going to absorb about the Civil War when your teacher is introducing it or when you’re reading about it at home? Not a lot. Remember This Is It—and focus on now.

Focus!
To help you focus on now, remember to use Q-Up! When you make a habit of pull up & picture and breathe & release and get into alpha state—the best brainwave state for learning—it’s much easier to focus on the one thing that needs your attention. (Also check the other Topic article in this refresher, “Get Focused—8 Hot Tips.”)

Pay attention to physiology
Slump down in your chair. In this position, try to feel like an attentive learner, excited and confident about school. It’s not possible. Now, sit up straight, eyes wide open, alert. In this position, try to feel disinterested and uninspired. You can’t do it. Much of your success depends on getting in the right state for learning. Sit up straight in school and when you study at home and you’ll be more alert and attentive. Remember SLANT from SuperCamp (Sit up, Lean forward, Ask questions, Nod your head, Talk to your teacher)—it works!

Cultivate a positive winning attitude
Maintaining a positive attitude is your most important learning asset. You need to mentally create this attitude before any learning experience. Henry Ford said, “Whether you think you can or you think you can’t—you’re right.” When your positive attitude has you thinking Yes, I can do this or Yes, I can learn this—you will succeed in your learning.

Speed forward with Quantum Reading
You were probably taught not to use your finger when you read. However, research has shown that using your finger as a visual guide pulls your eyes forward and can double your reading speed. Your finger keeps you from backtracking, which slows you down. So remember to use your finger, as well as the other Quantum Reading skills you learned at SuperCamp. (In Refresher #3 we’ll go deeper into reading.)

Create the right learning environment
Environment also affects learning. Create a comfortable study area at home. Make sure you have a secluded spot with a desk or table, a comfortable chair (but not so comfortable that you fall asleep!), good lighting, and all the study tools you need nearby. And before you settle down to learn, put a “Do Not Disturb” sign on the door to cut down on interruptions.
**Try music to boost concentration**
Research indicates that we learn more in a relaxed yet alert state. Baroque music seems to promote this ideal learning state. Music by composers such as Bach, Handel, Vivaldi and Pachelbel enhance your learning capabilities. Try playing this music softly in the background while studying. Save your favorite music for breaks.

**Plan ahead**
Use a calendar to mark days for tests or due dates of important papers. Studying ahead reduces stress and increases your ability to remember at test time. *Circuit Learning* can help you plan your study time effectively. Again, refer to your playbook for more on this valuable study organizational tool. *(We’ll have a closer look at Circuit Learning in Refresher #11.)*

**And last but not least – take breaks!**
Every thirty minutes it helps to take a short five-minute break. Take mini-breaks more often by standing up and stretching whenever you notice your mind wandering. Studies show that you remember best what you learned just before and just after a break—so the more breaks, the more you remember!