Academic Skills Review: Learn Well, Remember Well

When we consider the vast knowledge in our world today and realize that the list of what to learn is getting longer with each passing day, it's clear that the most important skill we need to learn is how to learn. The ability to learn new information is quickly becoming one of the most valuable skills of the 21st century.

When applied consistently, the academic skills we teach at SuperCamp empower students to learn at their highest potential in any subject—and remember what they learn.

- **Focus**
  Focus is vital for learning. Strategies like Q-Up and SLANT help us maximize our learning while reading and studying, during class as well as at home.
  - **Q-Up / Alpha State**
    The ability to manage our state of mind allows us to perform at our highest level in any situation. Q-Up is a strategy to access alpha state, the optimal brainwave state to stay focused and receptive to learning.
  - **SLANT**
    The more actively we participate in class, the more we learn during class and the less we have to learn after class. SLANT is a class participation strategy to help us be a more active learner and get the most out of every class. By maximizing class time, we minimize home study time.

- **Quantum Reading**
  Reading is an important skill that we use in all areas of our lives—personally, academically, and in work situations. The Quantum Reading process makes your reading more meaningful and can increase your comprehension and speed.

- **Quantum Writing**
  Being a powerful writer is a priceless skill for both school and life. The Quantum Writing system works for any writing project. Utilizing our creative and critic voices at appropriate times, we generate lots of ideas, organize ideas and main points, write a draft, then edit and refine our written piece.

- **Memory Techniques**
  The ability to memorize information quickly and effectively is a valuable learning tool. The mnemonics (memorization techniques) learned at SuperCamp help us create associations and pictures related to the material we’re learning to improve retention and information recall.

- **Mind Mapping**
  Effective note-taking goes a long way in helping us organize, understand, and remember information. Mind mapping is based on research on how the brain processes information. It utilizes pictures, symbols, and colors in a diagram of facts that’s easy to add to as more information is acquired, and easy to use for study and review.

- **Learning Styles**
  We all take in information through three learning channels—visual, auditory, and kinesthetic—though our brains tend to have a preference for one of these. At SuperCamp we identify our personal learning preference as well as learning valuable strategies to enhance our learning by utilizing all three learning channels.

- **10-24-7-10**
In order to solidify our learning, it’s vital that we not only acquire information but are able to recall it accurately in the future. 10-24-7-10 is a simple review strategy that will reinforce our learning and encode information into long-term memory.

- **Make it Stick**
  To make whatever we’re learning stick, we chunk information into manageable pieces, we review the chunks using SuperCamp strategies, and we plan ahead to avoid procrastination and stress. This process helps us transfer information into long-term memory and make it stick.

- **Creative Thinking**
  There is always another way of looking at a challenge. Creative thinkers are curious and know that the best way to get good ideas is to get lots of ideas. SuperCamp’s Creative Thinking process relates to utilizing divergent and convergent thinking to generate lots of ideas and then define and focus on the best ones.