

Terry Small Parent Workshop– September 26th, 2007

-Remember to tell your children: “YOU ARE A GENIUS!”

-Know that your brain remembers in PICTURES and not in words/letters.

-The brain also remembers in COLOR not black and white.

-Traditional resources and study materials are all usually black letters on white paper. We need to CHANGE how we think about our brain.

Study strategies of smart students. When beginning good study habits, think of the following:

- 1.Strategy-need to have a plan/goal. See it on a daily basis.
- 2.Good habits-have items organized and all the work you need in one area.
- 3.Attitude-have an attitude to do your best at all times.

SMART STUDENTS DO THE FOLLOWING THINGS:

1. Say “_____ is a genius” – keep telling yourself this on a daily basis.

2. Be GREEN = always growing – open to new ideas.

3. Get on your feet – memory goes up 10% INSTANTLY when you stand up. This is from increased blood flow and oxygen to the brain.

“Genius is 1% inspiration and 99% perspiration”
Albert Einstein. NEVER GIVE UP!

TWO MOST important things that every student must have:

4. Get a good study strategy. Be able to get everything working together (eg. Agenda book, memory skills, etc.)
5. Smart students set GOALS
 - a. Go home and create the REPORT CARD that you want. Set achievement goals for yourself that reflect where you would like to be. This is called “future memory”. Put copies of this everywhere (on the bathroom mirror, on the fridge, in your binder, etc.) you look on a regular basis.
6. The right side of your brain controls the left side of your body and the left side of your brain controls the right. Every time you make a “cross lateral” movement (for 30 seconds) (taking a limb from one side and moving it to the other side of the body) you double your brain’s capacity to remember for 15 minutes!
7. Write it down – you automatically improve your retention when you write information down even if you never read it again.

A – Auditory (hear stuff better)

V – Visual (see stuff better) 70% of learners

K – Kinesthetic (learn by touching/moving)

8. IS THERE ANY WAY YOU CAN “MULTI-TRACK” MATERIALS – USING ALL 3 METHODS OF LEARNING? You will increase your memory if you can learn materials in more than one way.
9. Present material in a way the brain will see strategies. Eg. Cornell Notes/ tic-tac-toe grid...using a specific layout for studying that engages the brain with a “picture” in a format.
10. Think like a teacher – a smart student studies in QUESTIONS not answers!
 - a. Create a STUDY PAGE with the answers on it that would make good questions. When your brain is in “la-la mode”, a QUESTION will bring you back to focus. This is a chemical reaction is the brain that brings focus back. The brain loves to finish things...if there is a question, your brain wants to find the solution!
11. Questions and Answers- use them to study – don’t just read information. Ask your brain questions and make it answer.

12. Always study with questions
 - a. Set up your notebook with questions on the left side of the page and answers on the right. As you are learning in class, you automatically generate a study sheet. This doubles as storing the information in long-term memory by writing it down right away WHILE you are listening.

13. Use color pen when you study.
 - a. Get a BIC pen – 4 color pen. Headings are in one color, questions in another, answers in another. SAVE the color RED for the items that the teacher says are REALLY important! Or underline or highlight in RED.

14. Use an INDEX/CUE CARD to COVER the answers on the right side of the page, then check your answers by removing the card. This is ACTIVE studying rather than PASSIVE studying.

15. Turn OFF the TV, ipods, and stereo and other distractions – they DECREASE long term memory.

16. Turn ON the music when you can barely hear it– specific types of music with BAROQUE beat can INCREASE long term memory. Can increase 25-400% retention. The musical notes/beats of this type of

music stimulates brain activity-ONLY
baroque music.

The 4 Brain wave states:

BETA (stressed out)

ALPHA (best for study – 60 beats per minute is optimum for brain activity)

THETA (twilight zone - transition between awake and sleeping)

DELTA (relaxed)- *these are all types of brain waves*

17. Take a brain break every 15 minutes. Even if it's just for 30 seconds. Do cross-laterals, or a quick walk around or stretch.

18. M and M cards – (memory and mastery) use index cards to study. The average person remembers 2% after 30 days. Making the cards is step one. You can mix them up to change the order. You can test yourself, or have a parent or sibling test you. You can use color and improve your memory. Once you know a card, put it OUT of the deck. **Don't study what you already know!** Make a game or challenge out of it. Your brain likes a challenge – active learning engages you.

19. EAT Healthy Foods– Deeply colored are good for the brain. eg. Prunes increase your memory and also prevents disease.
20. Bring a winning attitude to school everyday.

Go to the website: www.terrismall.com and sign up to be on Terry's email list. He sends out "brain bullets" once a month. Your email will not be shared with anyone.