

Interested Parents

Learning4Learning

Workbook

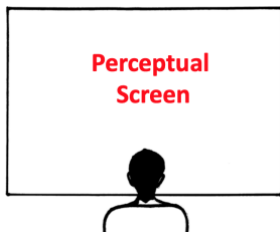
Steps 1 – 10

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Step 1 Visual Static Memory



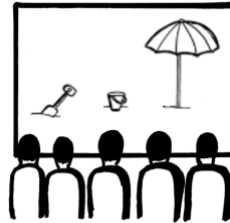
Size Matters



MOBILE



TV



CINEMA

WRITE YOUR NAME



Reading And Spelling Difficulties

D O G

H O R

S E

E L E

P H

A N T

See The Big Picture! On Sub Screens Linking Different Topics And Subjects Together:

Polymath





GOOD

BETTER

BRILLIANT

PHOTOSYNTHESIS

RED

GREEN

BLUE

Spell Every Day:

2 Small New Words e.g. Horse

1 Mid Sized New Word e.g. excellent

1 Big New Word e.g. Rhinoceros

“Changing Your Mind” Can Feel Strange

Our Brain Is **“GREEN”**

Uses Least Oxygen

Uses Least Amount Of Energy



Think The Same Way Over And Over Again

Think With **“No New Thinking Patterns”**



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Practice: Spell Every Day:
2 Small New Words e.g.
HORSE
1 Mid-Sized New Word e.g.
EXCELLENT
1 Big New Word e.g.
RHINOCEROUS

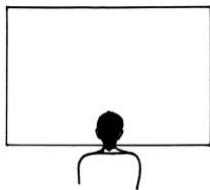
Step 2 Visual Static Memory Part 2

Short-term Memory: Auditory

Long-term Memory: Visual



**PERCEPTUAL
SCREEN**



A1A2A3

GOOD

A1A2A3A4A5A6A7

PHOTOSYNTHESIS

**L 4 L
IS SO
EASY**

**LEARNING
4
LEARNING**

TO DO

IS EASY

Spell Forwards and Backwards

A1	A2	A3	A4	A5	A6	A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5	C6	C7
D1	D2	D3	D4	D5	D6	D7
E1	E2	E3	E4	E5	E6	E7
F1	F2	F3	F4	F5	F6	F7
G1	G2	G3	G4	G5	G6	G7

DEFINITIONS:

Definition Of Energy

Energy Is The Ability To Do Work And Its Measured In Joules
Hi-Lite

Energy Is The Ability To Do Work And Its Measured In Joules

Arrange In 4 Lines

Energy

ENERGY
ABILITY
WORK
JOULES

QUOTES: Roald Dahl

4 Lines At A Time

A LITTLE NONSENSE
NOW AND THEN,
IS CHERISHED BY
THE WISEST MEN.

POETRY:

4 Lines At A Time

WHOSE WOODS THESE ARE I THINK I KNOW.
HIS HOUSE IS IN THE VILLAGE THOUGH;

HE WILL NOT SEE ME STOPPING HERE
TO WATCH HIS WOODS FILL UP WITH SNOW.

Robert Frost

Language: Irregular Verbs

4 Lines At A Time (If Possible)

être – to be
Je suis
Tu es
Il/Elle est
Nous sommes
Vous êtes
Ils/Elles sont

Practice: Definition Or Law Or Words Of Songs You Like
(4 Lines At A Time)

Tables: (4 Lines At A Time)

1 x 9 = 9

2 x 9 = 18

3 x 9 = 27

4 x 9 = 36

5 x 9 = 45

6 x 9 = 54

7 x 9 = 63

8 x 9 = 72

9 x 9 = 81

10 x 9 = 90

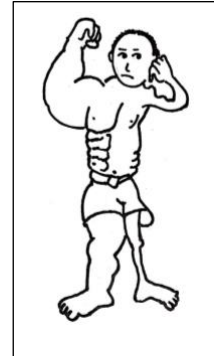
11 x 9 = 99

12 x 9 = 108

A1	A2	A3	A4	A5	A6	A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5	C6	C7
D1	D2	D3	D4	D5	D6	D7
E1	E2	E3	E4	E5	E6	E7
F1	F2	F3	F4	F5	F6	F7
G1	G2	G3	G4	G5	G6	G7

X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

Number Square



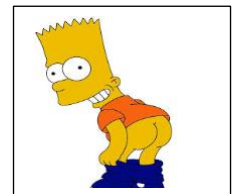
Practice: New 4 Line Phrase Forwards And Backwards for Three Days

STEP 3 Visual Dynamic Memory

skateboard
ball
golf
kite

house
vase
toothbrush
candle

pencil
desk
book
teacher



Practice:

Video Forwards And Backwards

Following Instructions: Practice

1. Draw An Equilateral Triangle With 6 Inch Sides
2. Knock 3 Times On The Wall

3. Draw A Circle With A Radius Of 2 Feet
4. Clap Ears Twice
5. Fold Arms Both Ways
6. Pull Your Right Ear

Know It Back To Front



To Test A Leaf For Starch

Practice: One Experiment Or Procedure Each Day

Do Not Mix Up Videos.

Cartoon Characters

Humour

People You Are Attracted To

Practice: Three Topics Each A Different "Character"

PROCESS LEARNING:

Biology

Physics

Chemistry

Maths

History

Geography

Accountancy Etc

STEP 4 W /Symbol Wheel

Directed Learning:

Directed Reading

Directed Listening

Yellow Highlighter/Marker.

Pink Under Yellow

Blue Underneath Pink

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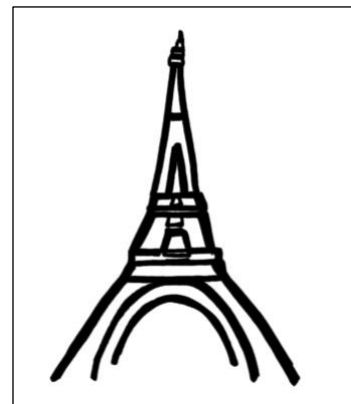
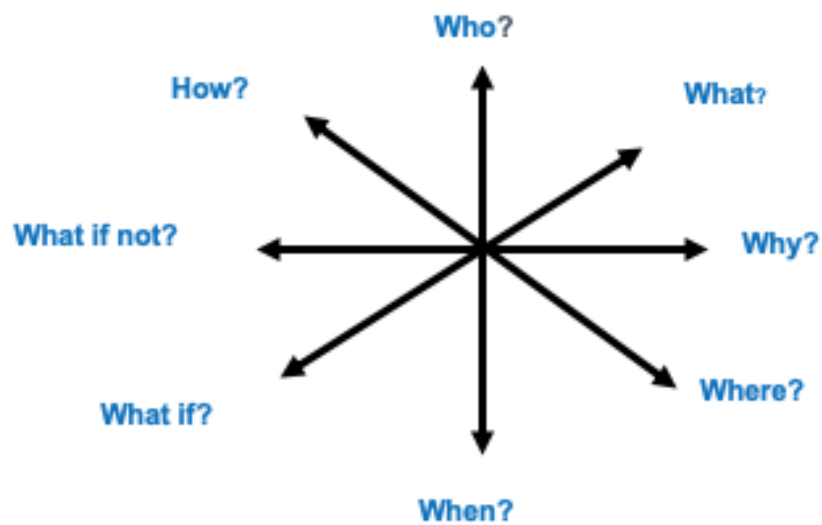
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W Wheel



The Story of Coca Cola

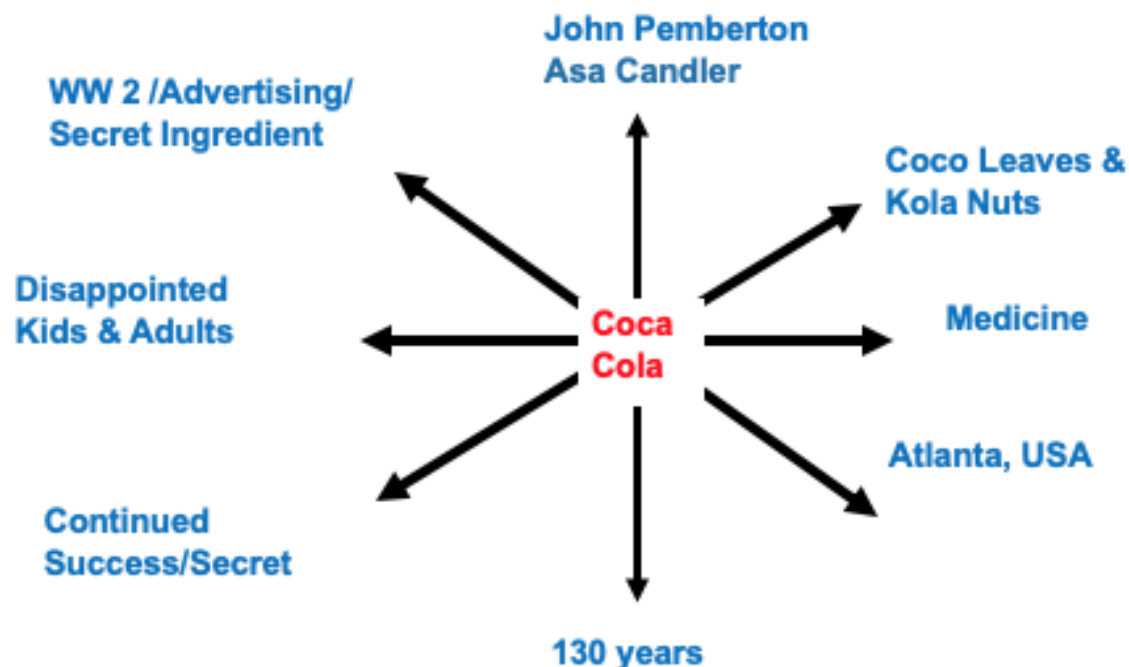
Coca Cola was invented more than **130 years ago** by chemist called **John Pemberton**, who lived in **Atlanta, USA**. Its name comes from two of its ingredients - **coca leaves and kola nuts**. Pemberton tried to sell Coca Cola as a **medicine**. He told his customers that it was good for headaches. They didn't believe him, and they didn't buy it.

After his death, a man called **Asa Candler** bought the recipe but as a drink. In 1892, he spent **\$12,000** on advertising it. The Coca Cola advertising campaign hasn't stopped since then!

In 1941, when the USA entered **World War II**, American soldiers began to travel all over the world. The President of Coca Cola promised to send their favourite drink wherever they went, **Five billion** bottles of Coke were sent around the world to the soldiers! And that's why, since the War, Coke has been famous everywhere.

If you look on a bottle of Coke you will find that one of the ingredients is called simply 'natural flavourings'. What are those flavourings? The recipe for Coke has been **a secret** for a century. The Coca Cola Company keeps it in a safe in Atlanta. In 1985, the company made a small change to its famous drink. Millions of people complained. The company had to go back to the recipe in the safe!

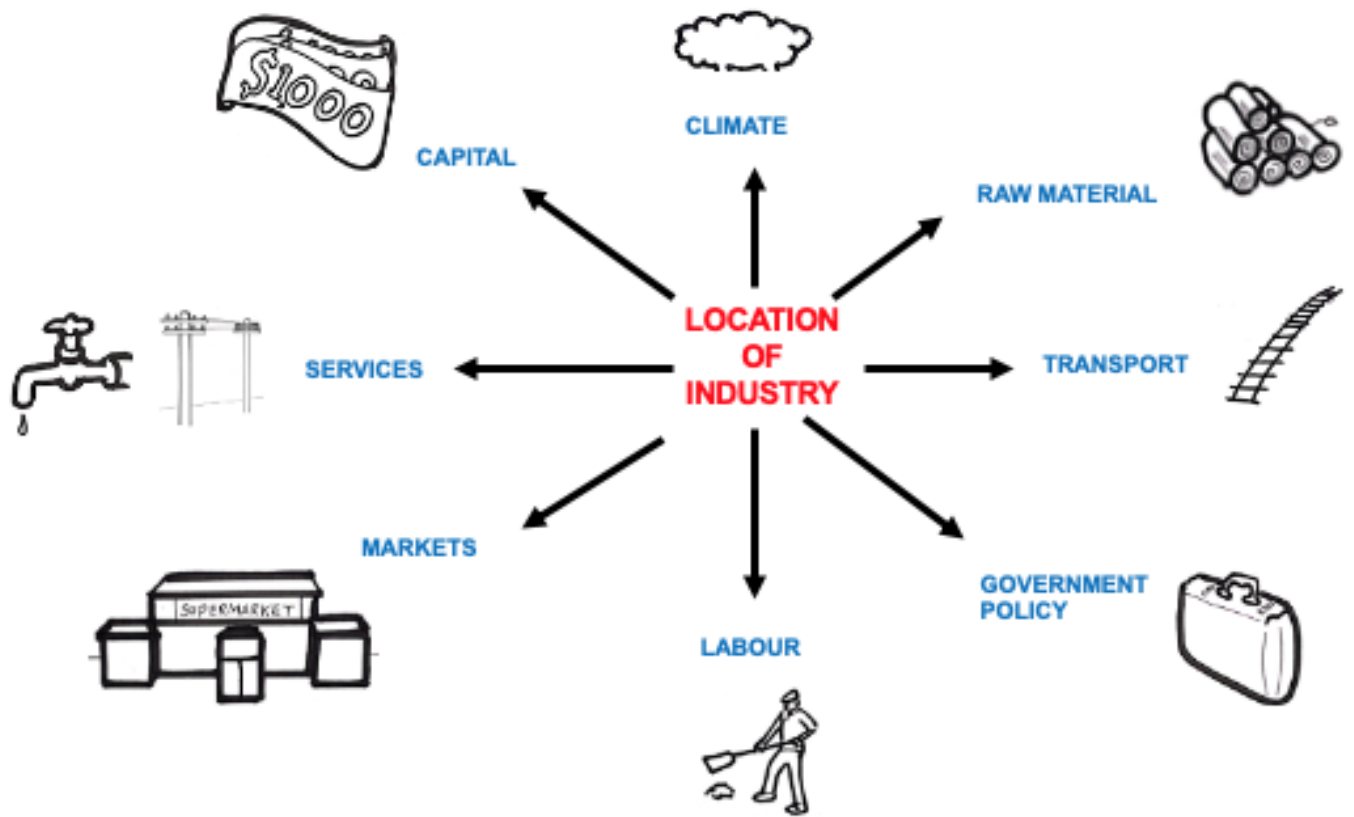
Every day, people all over the world **drink 1.9 billion servings of Coca-Cola** between them. It is, by some measures, the most widely distributed product in history.



SYMBOL WHEELS

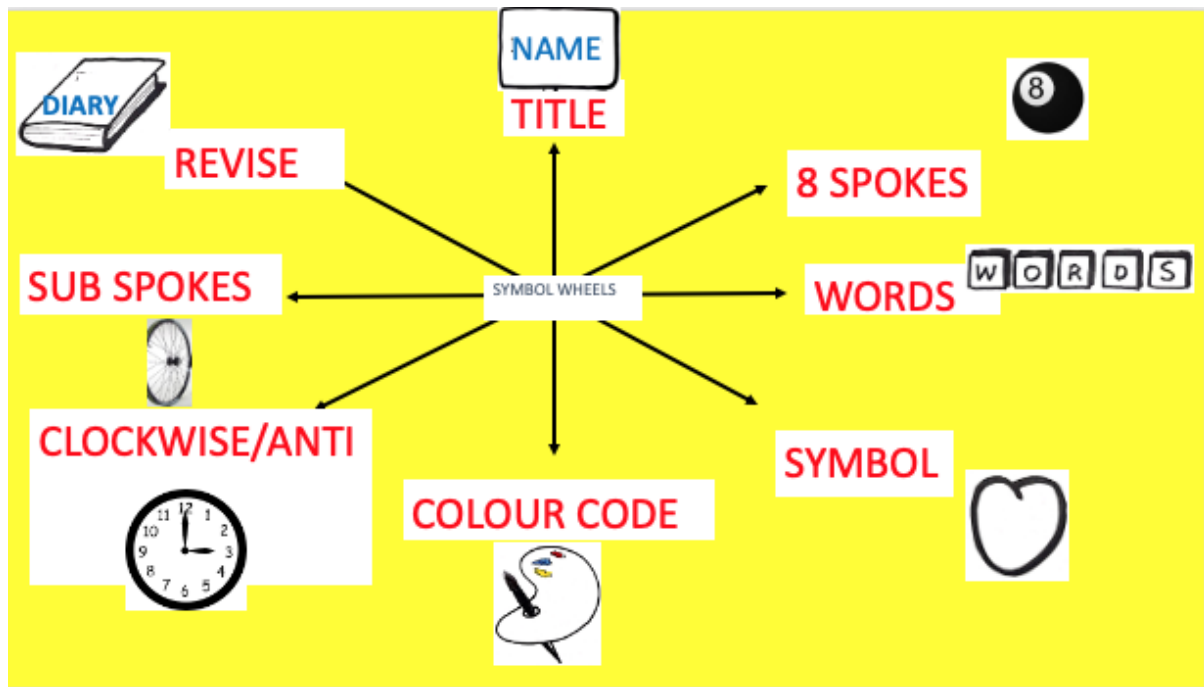
Factors Affecting Location Of Industry

- Favourable **climate**
- Availability of **raw material**
- Suitable **transport** services in the area
- **Government Policy** that may affect an industry
- Availability of trained **labour**
- How close the **markets** are
- Other **Services** available in the area
- **Capital** for an industry to set up



WHAT YOU NEED FOR SYMBOL WHEELS





Advantages W Wheel Or Symbol Wheel

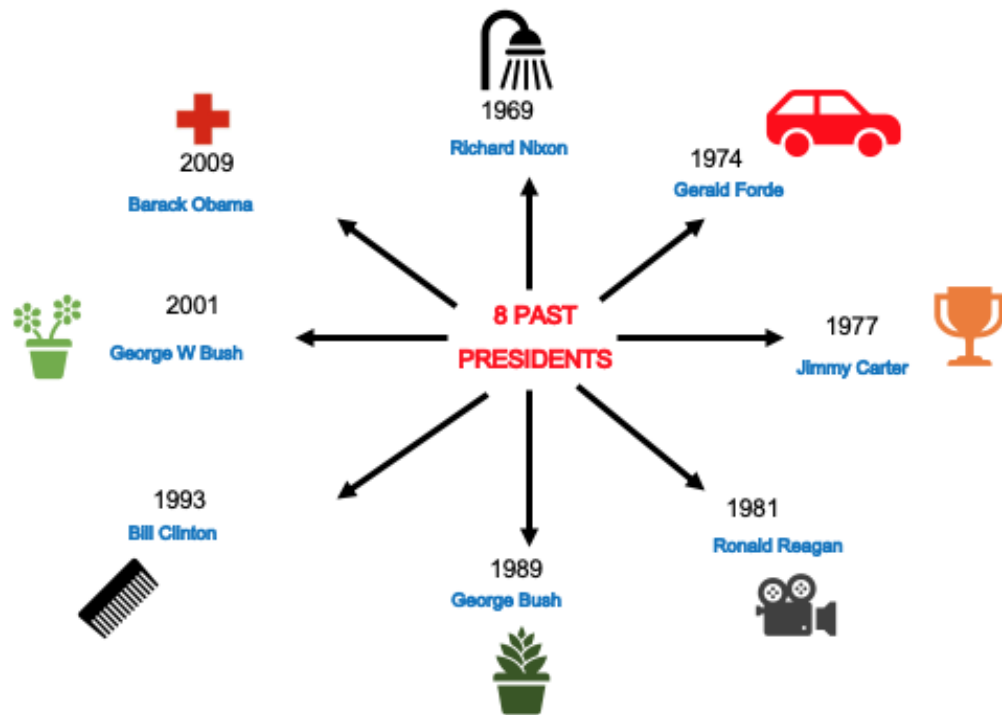
All Subjects Except Maths

Active Reading And Studying

Habit Formation

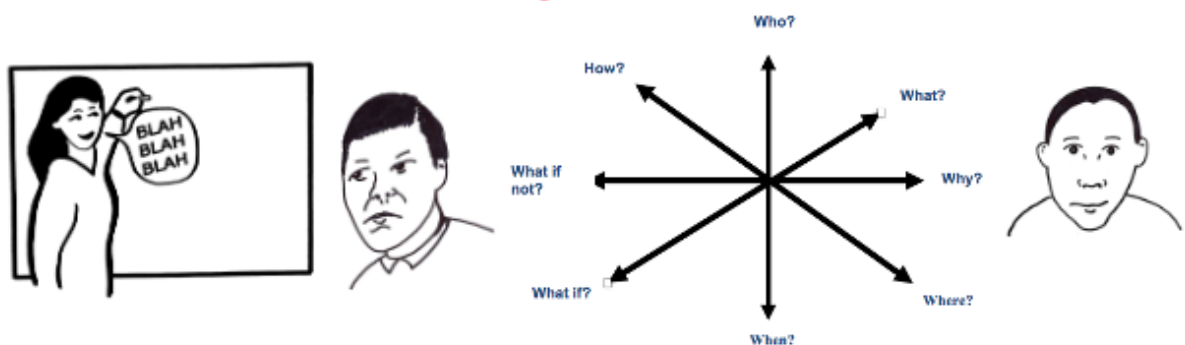
Written Answers Built In Structure

Written Format For Exam Questions



Directed Listening

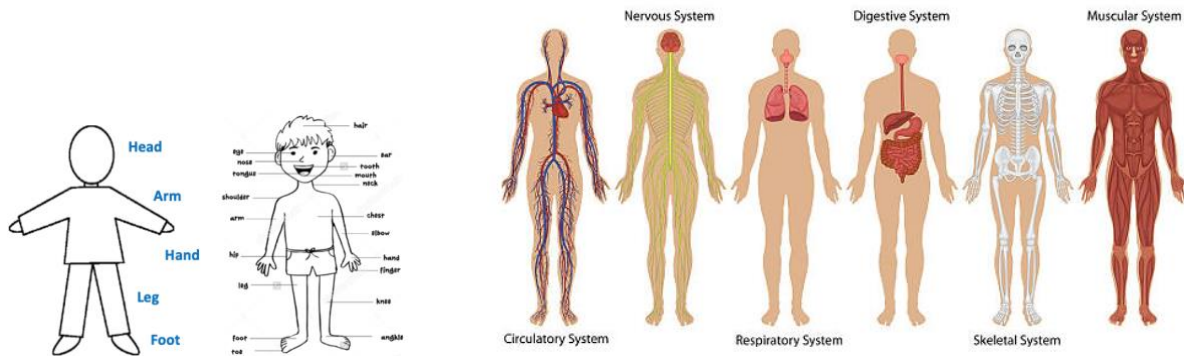
“Listen To What I Say!”



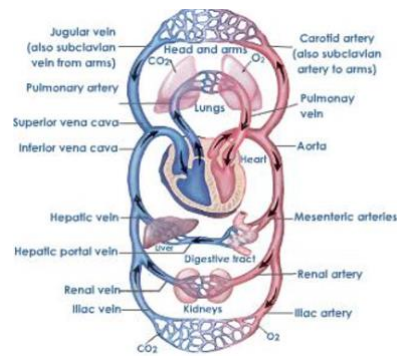
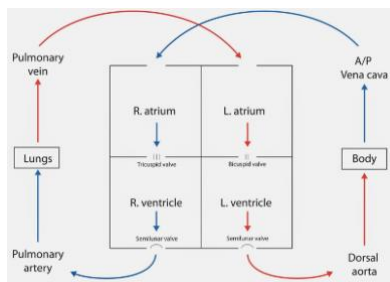
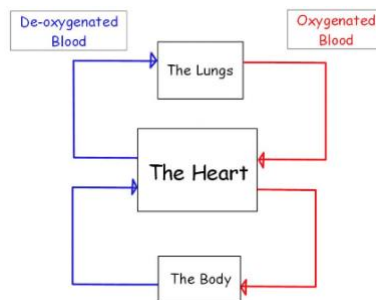
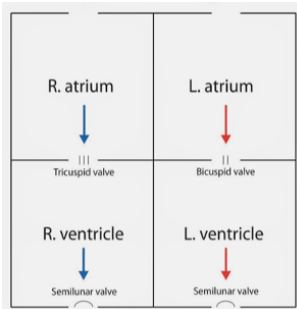
ACTIVE LISTENING: Auditory To W/ Symbol WHEEL To Visual

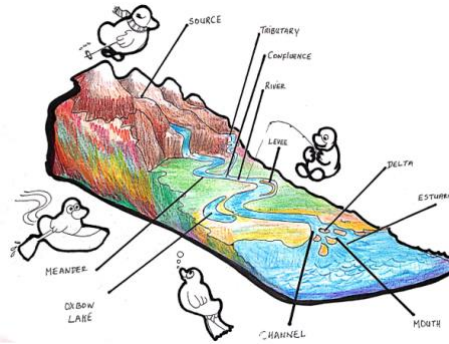
ACTIVE READING: Hi-light To W/ Symbol WHEEL To Visual

STEP 5 Remembering Diagrams Layer by Layer



Layer By Layer KISS





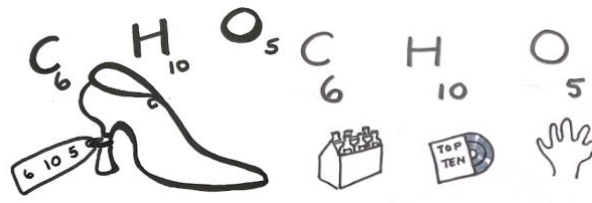
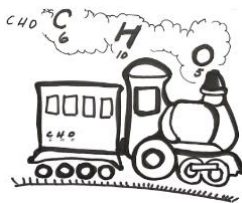
Take A Tour Of California



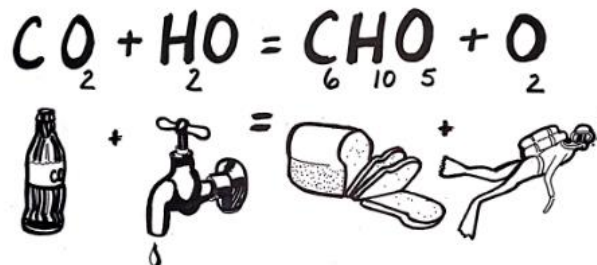
I Get The "Big Picture Now!"

Cities
Mountains
Valleys
Rivers
National Parks
Roads
Fourteeners

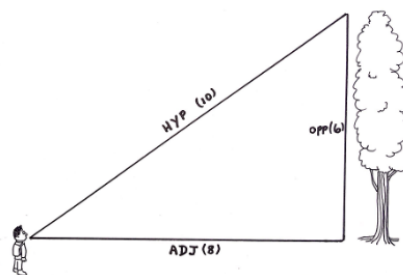
Carbohydrates $C_6H_{10}O_5$



PHOTOSYNTHESIS



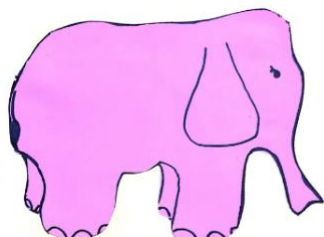
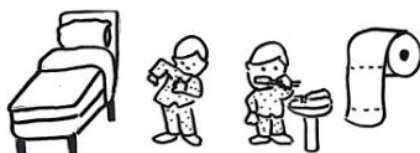
SOHCAHTOA



LAYER BY LAYER

KISS

Step 6 Symbols And Chunking



BLOCK LETTERS

CHUNKING



What is the purpose of?

What is an example or part of?

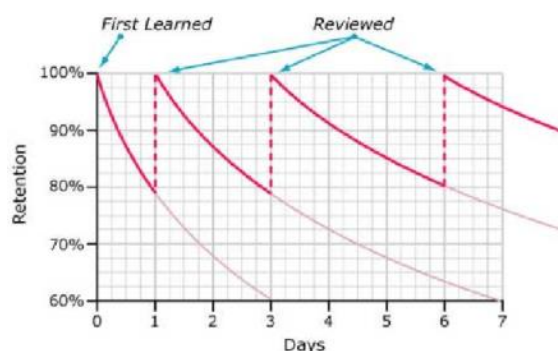
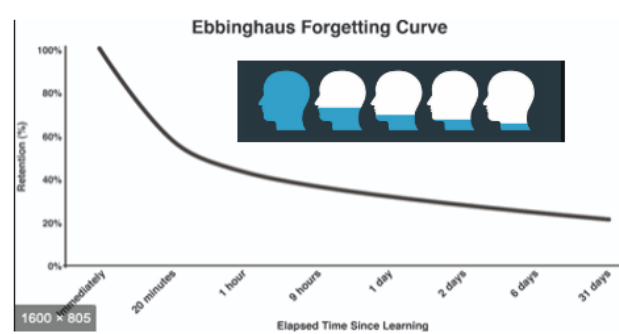
Practice Food, Exercise, Holidays, Sport



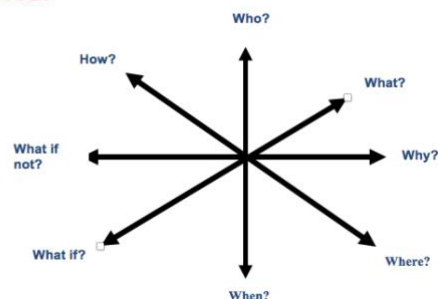
1. Using Symbols On A W Wheel To Form A Symbol Wheel:
2. Makes It more Memorable And Hence Easy To Remember
3. Turns a W Wheel Into A Personal Set Of Notes
4. Allows The Use Of Visual Dynamic Memory To Remember W Wheel
5. Cuts Down Revision Time

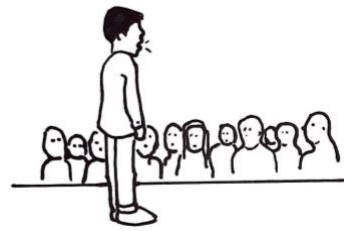
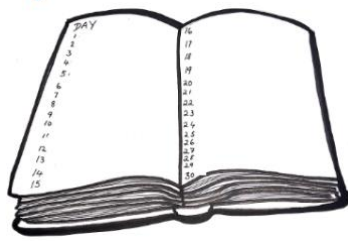
Practice: Convert Previous W Wheels To symbol Wheels Where Possible

STEP 7 Revision



W Wheel





Positions 1,2,3

CondenseW Wheel, Symbol Wheel, Diagrams

Days 1,3,7 and 30 Revision Diary

How do I Know? Positions 1, 2 and 3

Be Motivated

Practice: Each Day In Future Condense A chapter, Or TV Programme etc. Into A W Wheel Then Symbol Wheel Then Revise In Positions 1,2 and 3 And Revise 1,3,7 and 30 Remember to Keep Revision diary Up To Date.

Step 8 Motivation



Oh Yeah That Sounds Great Let's Do It!

Emotions Control The Strings



Love
Sad
Anger
Nervous
Happy
Stubborn



Practice: Locate Your Positive And Negative Buttons

Positive Body Language Drives Behaviour
Positive Behaviour Drives Long Term Effort



Detailed Plan Essential



Get SMART

SPECIFIC

MEASUREABLE

ATTAINABLE

REALISTIC

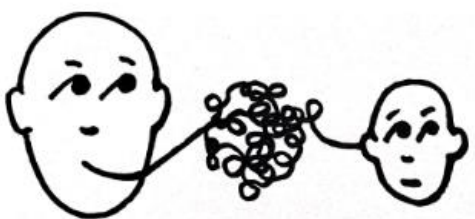
TIME



W Wheel Your Goals



SUCCESS BREEDS SUCCESS



Positive Emotional State

Goals



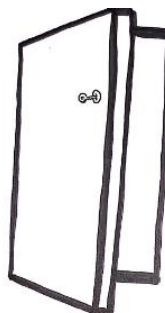
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Positive Behaviour

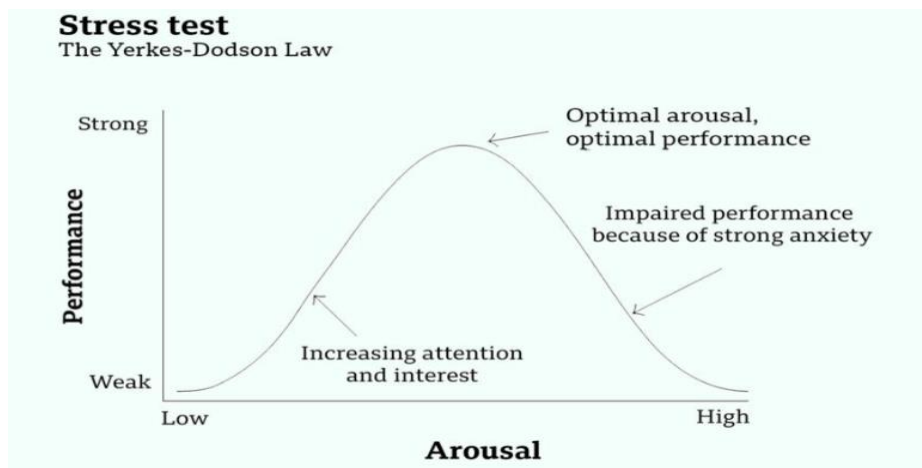
UNDERSTAND



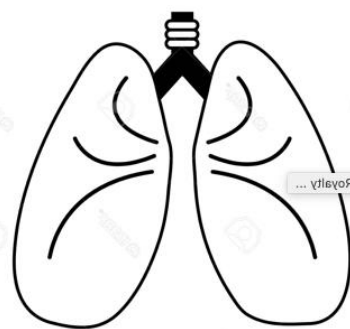
STEP 9 Stress And Brain Maintenance

Two Types Of Stress For Students

1. Short Term Stress (Day)
2. Long Term Stress (Month/Year)

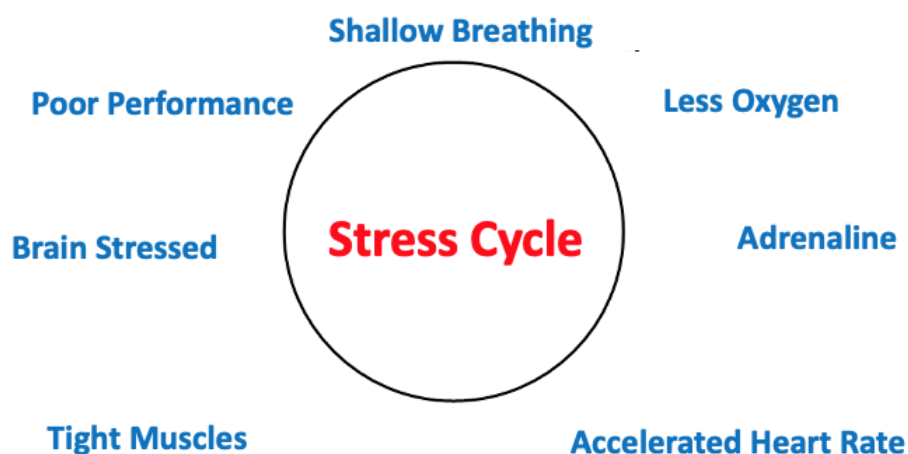


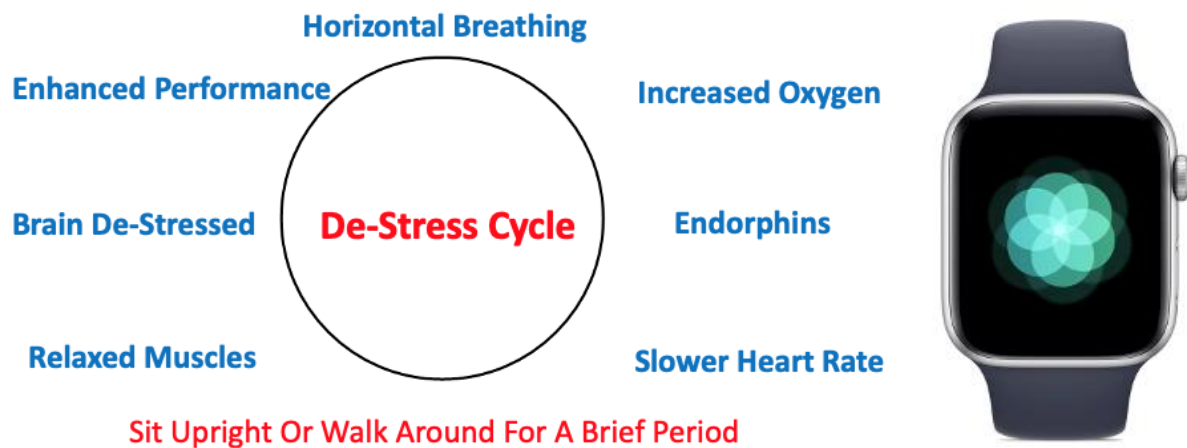
Practice: One At Least 10 Minute HIT Each Day



**A Yawn Is
A Good
Thing**

5m.....30s...30s....30s....30s...30s....2.5m



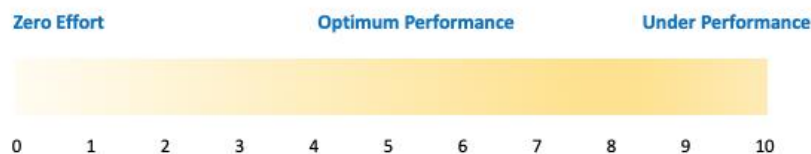


Exercise:

Practice Horizontal Breathing In Order To Avoid Vertical Breathing

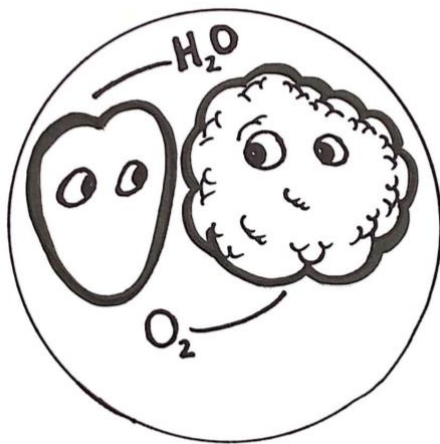
Optimum Stress Are Personal

Preform At **YOUR Optimal Level**



Solution For Long Term Zero Effort:

1. Timeline
2. Positions 1, 2, 3 (As Observed By The Audience)
3. Goal Setting (What Are The “Rewards” For Goals If Reached)



Practice: Breath Control - 4 Part Breathing

STUDY

SLEEP

Short Term

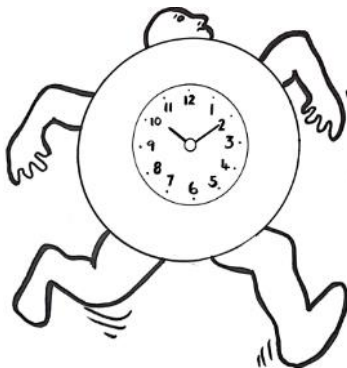


Transition.....



Long Term

Exam Times



Be Aware Of
“Self
Judgement”

How Did I Do?

Above Average Students Underestimate Score

Focus On Percentage What They Did Not Get Right

Below Average Students Overestimate Score

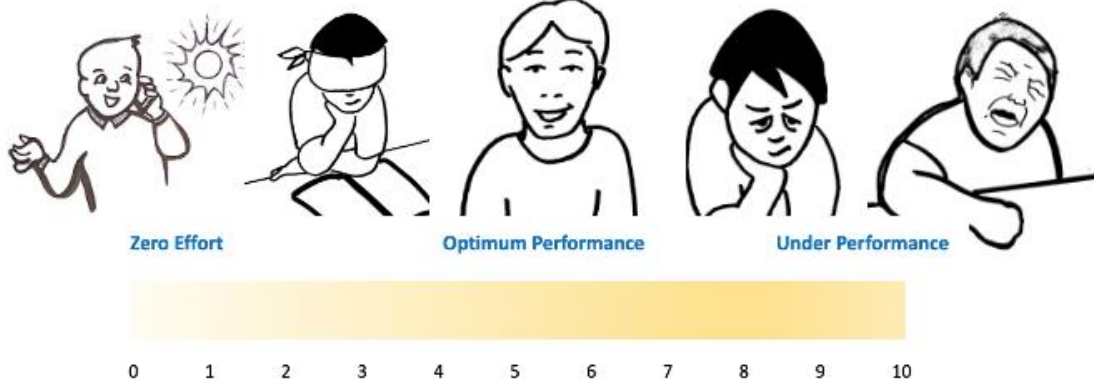
Focus On Percentage What They Did Get Right

Emotional Resilience

1 20



Stress Levels



Short Term Stress Control

Hydration
Exercise

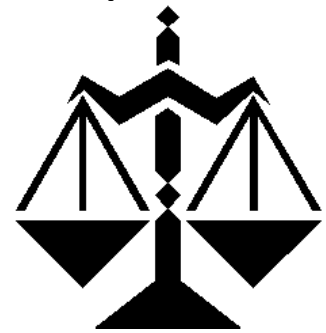
Controlled Breathing
Body Clock
Self-Praise

Practice: Adhere To The Above Daily

Long Term Stress Control

Apply Learning 4 Learning
W Wheel etc. And Revision
Healthy Brain (Oxygen/Water, Body Clock)
YOUR Realistic Goals

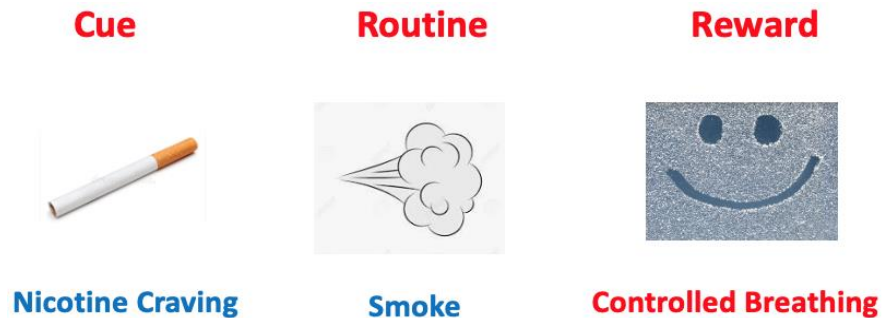
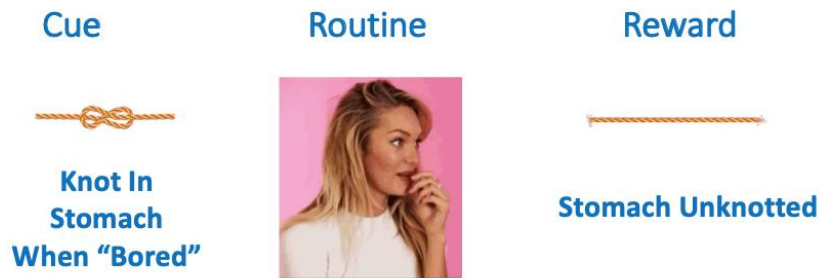
Practice: Develop The Above As Good Habits As Per Step 10



STEP 10: Installing Good Habits/Learning Environment

Our Unconscious Mind Is Programmed To Adopt Habits

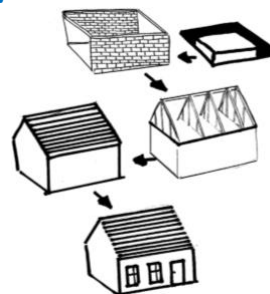
Hence Essential To Understand How Our Unconscious Mind Works



Remember Willpower Like A Muscle Runs Out

The Unconscious Mind Never Ever Forgets!!!!

Changing An Existing Habit Brief Summary:



Aware Of Cue, Routine And The Reward

- 1. Analyze The Cue**
- 2. Analyze Reward**
- 3. Practice New Routine**

Practice: Analyze A Re-occurring Habit You Are Aware Of (Cue, Routine and Reward)

Forming A Study Habit:

Practice:

Answer The Following Questions On Paper

**Why? What Is The Reward? Be 'Smart'
Where?
When?
How Often?
How Will I Measure Progress?**

What Sort Of A Life Do I Want?

What Is The Environment Of My Exams?

When Exactly?

How Will I Learn?

How Often Will I Revise?

How Will I Measure Progress?

Confidence = Optimum Stress, What Number Suits Me.

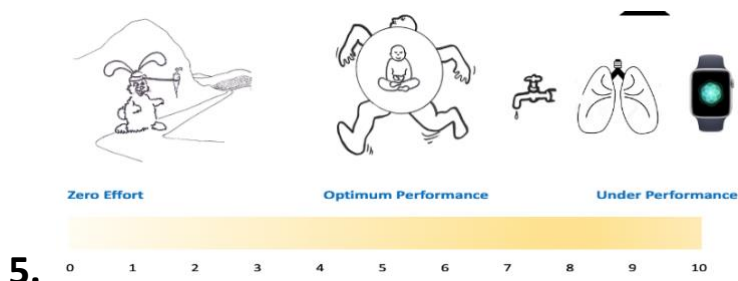
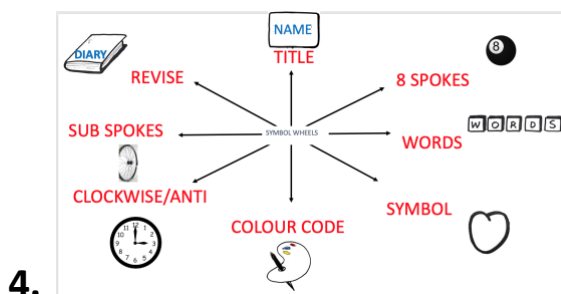
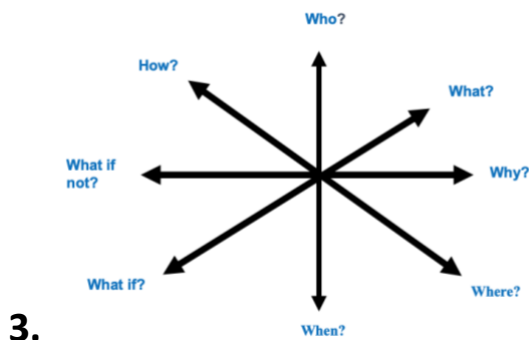
Six Daily Habits: Develop Each Of The following:

1.

A1	A2	A3	A4	A5	A6	A7
----	----	----	----	----	----	----

2.

A1	A2	A3	A4	A5	A6	A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5	C6	C7
D1	D2	D3	D4	D5	D6	D7
E1	E2	E3	E4	E5	E6	E7
F1	F2	F3	F4	F5	F6	F7
G1	G2	G3	G4	G5	G6	G7



6.

