

10 Tips to Learn Anything Faster, Easier, Better

The more you use your brain, the more connections grow between each brain cell. The more connections there are the greater your thought potential is. New experiences expand your brain so that it gets better with use - at any age!

- 1) **Your brain has two sides** - left and right which shuttle messages across to each other. To accelerate learning, use both sides of your brain at once with words and music; words and pictures; big picture and step by step detail.
- 2) **You literally do have 2 minds!** The conscious and the unconscious. Your conscious mind can hold 7 plus or minus 2 pieces of information at any one second whilst the unconscious can hold 2 million pieces of information at any one second. Use your unconscious mind to learn everything by allowing the new information to "float" in, unnoticed.
- 3) **Feed your brain well.** It needs energy and lives on oxygen, glucose and other trace elements. If you want your brain to perform well, feed it well and exercise regularly to oxygenate your blood.
- 4) You have **4 different brain waves** - **Beta** - wide awake, **Alpha** - relaxed alertness, **Theta** - twilight zone between awake and asleep and **Delta** - deep sleep. Alpha is the ideal learning state. Baroque music from 16th - 18th century, played quietly will induce these brain waves, ideal for rapidly improving learning.
- 5) **Use all 5 senses** to learn - sight, sound, taste, smell and touch. You will have a preference to learn with one of your senses more than the others, however to accelerate your performance, engage all your senses. So use cd's; do activities; watch a video etc.
- 6) **Visualise** and have mental rehearsals of what you wish to learn. Perfect visualisation makes for perfect results. Visualise over and over again.
- 7) Support your visualisation with **positive affirmations** about you as a successful learner. Repeating an affirmation to yourself internally or out loud for mental strength is like doing push ups for physical strength.
- 8) How well you learn depends on the '**state**' you are in at the time. A state is the sum of your thoughts, feelings, emotions, mental and physical energy. Ask yourself what states enable you to learn fast and effectively, quickly and easily and then put yourself in a great state before you start to learn, by doing something you really enjoy doing.
- 9) **Use peripheral vision** to read and make notes as you learn something. Peripheral vision is looking through "soft eyes" with awareness expanded out to your left and to your right - as far around your head as you can go.
- 10) **Review your learning** and the day's events, just as you fall asleep at night. Your unconscious mind will more easily process and store the new information ready for fast, effective recall.

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