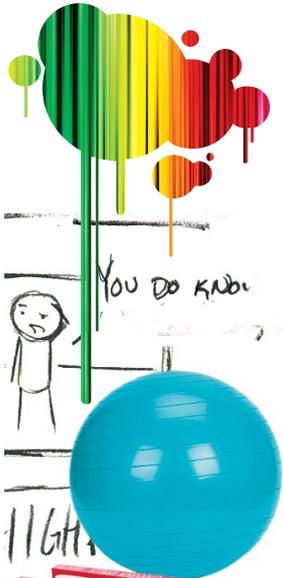




Lessons in Learning: study tips for parents



Colours are invaluable when it comes to drawing up study notes! Make sure your child has a variety of coloured pens and highlighters to choose from. The left eye-dominant profiles will especially appreciate this.

Think in pictures. Using little cartoons (stick men are just fine) to represent the information that must be remembered helps to consolidate the information.

When studying, have your child sit on a Pilates ball for 20 minutes at a time. Balancing on the ball means that both sides of the body are used, this in turn activates both sides of the brain. After about 20 minutes, switch to a chair for a while as their back and abdominal muscles may start to tire.



Let your children chew sugar free chewing gum while they study. The jaw movement helps to work both sides of the body, and thus kick starts both brain hemispheres.

Ensure that your children drink enough water while they're studying. When the body starts to dehydrate, the effect on the brain is very similar to that of stress, and the non-dominant hemisphere will switch off. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic mathematics, and difficulty focusing on a printed page



Make sure that the environment is conducive for study: turn the TV and radio off, and ensure that the kids are at a desk in a room where they won't be distracted by traffic or talking. We recommend three of the Majors for Minors CDs to assist with getting the brain into the optimum state for concentration: Mozart for Babies, Bee Gees for Babies, Baroque for Babies. These can be [ordered through us](#) and are also available through selected retail outlets.



Don't force your children to study for long uninterrupted periods. Certain brain profiles find it almost impossible to concentrate for extended periods of time. Allow your children to get up and run around for 5 to 10 minutes after every 40 minutes of study. The activity will help re-energise the non-dominant hemisphere. The older they are, the longer the study period can be extended. However, even teenagers and adults should take a short break every hour. Stand up and s-t-r-e-e-e-t-c-h!!!!



Your "Cheat Sheet" to get through exams

- Plan your schedule - make provision for homework, revision, "off-time", etc.
- Recap your work by reading the headings.
- Change the headings into questions.
- Read your work carefully and underline the key words.
- Explain the work to yourself in your own words.
- Think of the type of questions that your teacher/lecturer tends to ask. Try and answer your questions.
- Do revision in a systematic way every day to ensure long term memory recall.
- Avoid last minute cramming.

Before the exam

- Get everything in place for the next day - school uniform, utensils, calculator, etc.
- Go to bed early.
- Get up early enough to prevent rushing.
- Eat a healthy breakfast and drink plenty of water.
- Don't listen to heavy metal music before an exam. It increases the heartbeat, and creates tension.
- Avoid energy drinks or fizzy drinks and food which are loaded with sugar. You may initially experience a "sugar high", but 20 or 30 minutes later when your body's insulin has done its job to process the sugar, you'll feel tired and unable to concentrate. Eat low GI (glycaemic index) foods that will give you sustained energy for the duration of the exam.
- Don't discuss what you've studied with others. Remember that your Genetic Brain Organisation Profiles differ, so your study methods and stress levels will differ - comparing yourself to others will simply add to your stress.
- In the exam room: Take everything out that you will need for the exam. Relax yourself by making sure that you've made yourself as comfortable as you can. No wobbly desk to distract you, or a running nose without having a tissue at hand.
- See your paper as a "Test my knowledge paper" and not an EXAM paper! You know your work - so relax!
- If, you start to panic, close your eyes and take four or five deep breaths. Breathe in through your nose and out through your mouth. The extra oxygen will help you to calm down, and will help you to focus again.

Our team of consultants can help you put together a Success Strategy to prepare for exams and deal with stress - contact us today and get on the road to success!





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Improve your concentration:

Exercise! It has been demonstrated over and over that people who exercise regularly have improved focus and powers of concentration, and that their problem-solving ability improves. If you're suffering from an inability to focus on getting that report done, then go for a quick walk.

Eat right. Low blood sugar results in fatigue, an increase in anxiety, a decrease in mental functioning, sweating as well as other symptoms. However, if you feel that your blood sugar is low, don't reach for a chocolate! All that will happen is that you will suffer a spike in your blood sugar levels, which may then lead to an even lower blood sugar level once the extra blood sugar has been processed. Rather find a food that has a low glycaemic index (known as GI), such as peanut butter on a rice cake.

Take a nap. In one of our previous newsletters we wrote about understanding our circadian rhythms, or our "body clocks". Research has shown that a nap of between 25 to 45 minutes just after lunch can significantly improve mental performance in the afternoon. It goes without saying that a good night's sleep is also essential for maintaining peak mental performance.

Reduce your stress. If you've had your Genetic Brain Organisation Profile assessed, you will know that stress has a significant effect on your ability to function effectively. It's been demonstrated through research that stressed people do not learn successfully and even though you may not feel that you are learning anything new while you are writing that report, you are nevertheless integrating information so that you can communicate it to others. Stress impacts on your ability to think clearly.

BE HEALTHY
AND HAPPY

