
Student Success \ Superlearning

KAVEH FARROKH (PH.D.)

The Rose & Nicholl 6-step Plan: (1) Motivating Your Mind

YOUR MIND IS YOUR MOST IMPORTANT INSTRUMENT

- Your attitudes towards school, classes, assignments and tests ultimately come from your thoughts.
- Mind management affects your effectiveness in time management (managing your time for tasks and getting your tasks done), listening for note-taking, focus for reading, and exam preparation and test-taking.

MANAGING YOUR THOUGHTS (WORDS/ SENTENCES, IMAGES, SOUNDS)

- These carry an emotional charge.
- These stimulate biochemicals – biochemicals stimulate emotion(s) – emotions lead to behavior(s).

THE GREEK “BIG THREE”

1. Phronema (Greek: mind): two parts to your mind:
 - Your higher mind.
 - Your lower mind (e.g. raw emotions).
2. Kritikos (Greek: judgment): the action
 - Higher mind applies Kritikos of images, sounds, and words of lower mind.
3. Aichmalotizo (Greek: to lead): the result (or reward).
 - Higher mind is the aichmalotizo of lower mind.

BEFORE YOU START YOUR STUDY SESSION

- Calm your mind.
- Plan your study session (what are your learning objectives?).

Langara.

THE COLLEGE OF HIGHER LEARNING.