

Dear Parents, & Teachers

- **Are your children in classes VII to XII?**
- **We have happy news for you, & your children!**
- **Children's learning can be made Exciting, Simple, and Effective!**

Have you ever been bothered by these concerns?

- **Do your children procrastinate their studies / homework?**
- **Do they find it difficult to concentrate their mind during study hours?**
- **Do they easily forget what they have learnt?**
- **Do they spend sleepless nights for exam preparation?**

Have you ever been bothered by these concerns?

- **Can't they revise the entire syllabus on the day before the examination?**
- **Can't they retrieve the learnt material in the exam hall, though they have studied well?**
- **Are they disappointed with their test grades?**
- **Are they sacrificing their childhood happiness for scoring good grades?**

Have you ever been bothered by these concerns?

- **Do you like to provide them a learner friendly diet, & lifestyle?**
- **Do you want their learning process to be Simple, Effective, and Efficient?**
- **Do you want them to sharpen their existing Learning Skills and acquire New Learning Skills?**

Have you ever been bothered by these concerns?

- Do you want to empower them to score Centum in Board Exams & Success in Competitive Exams Like IITJEE, NEET, SAT, KVPY, Olympiads, TRIMS & University entrance examinations?
- Do you expect them to win admission and scholarship for UG/PG/PhD Studies in world's top universities?

If most of your responses are Yes,

Then our

Art of Learning Program

**will be of great use to you, and your
children for addressing these concerns!**

About “Art of Learning” Program

- This is one of the programs developed out of 12 years of intense research
- The program focusses to simplify the learning process
- The contents are based on the Principles of Educational Neuroscience, Cognitive Psychology, Biology, & Pedagogy
- About 6000 school and college students have been benefitted in 100 Art of Learning programs conducted during the past six years.

Benefits of “Art of Learning” Program

- **Students can easily score centum in school and board examinations**
- **Students can easily succeed in competitive exams like IITJEE, NEET, KVPY, Olympiads, SAT, TRIMS & University Entrance Exams**
- **Class average marks and standard deviation can be improved, subject wise**

Benefits of “Art of Learning” Program

- Students transition rate can be improved to help in Accreditation & Rankings
- Is the first step towards improving the Teaching Learning Process in Educational Institutions.

Recommended for students of class VII to XII

Parents are encouraged to attend along with the child to give meaningful academic support in their home

“Art of Learning”

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Contents of “Art of Learning Program”

Duration – 20 Hours

- 1. How the Brain Learns**
- 2. Human Memory**
- 3. Bloom’s Taxonomy**
- 4. Concentration of Mind**
- 5. Developing an Innovative Ability for Achieving Academic Excellence**

Contents of “Art of Learning Program”

Duration – 20 Hours

6. Challenges in Learning

7. Techniques to Overcome the Challenges

8. Nobel Laurette’s Advices, and Practices on Learning

9. Expected Outcome

1. How the Brain Learns

- **Physical, and Electrochemical Changes in Brain during Learning**
- **Factors Influencing these Changes**
- **Sub Systems Helping in Learning**
- **Brain's Food and Energy Requirements for Optimal Learning**

2. Human Memory

- **Types of Memory**
- **Mechanics of Memory Formation**
- **Consolidating the Learning in Long-Term Memory**
- **Role of Sleep in Memory Consolidation**
- **Strategies for Preventing Memory Loss**

2. Human Memory

- **Role of Short-Term Memory in Academic Success**
- **Limitations of Short-Term Memory**
- **Strategies to Overcome the Limitations of Short-Term Memory**
- **Obstacles to Memory Retrieval**
- **Prerequisites for Successful Thinking**

3. Bloom's Taxonomy

- Cognitive Domain,
- Affective Domain &
- Psychomotor Domain.
- Self Motivation & Affective Domain
- Effectively Using Affective Domain to Excel in Cognitive and Psychomotor Domains
- Demands on Thinking Skills in Competitive & School Exams

4. Concentration of Mind

- **What is Concentration?**
- **Relevance of Short-Term Memory**
- **Root Causes for Low Attention Span**
- **Mind Distractors**
- **Conscious and Unconscious Ways of Developing Concentration**
- **Mindfulness & Mindful Learning**

5. Developing an Innovative Ability for Achieving Academic Excellence

- What is It?
- Why Do You Need It?
- How to Develop It?

6. Challenges in Learning

- **Procrastination**
- **Einstellung effect**
- **Superficial Concentration**
- **Cramming (Sleepless night)**
- **Limitations of Short-Term Memory**
- **Memory Loss**
- **Obstacles to Memory Retrieval**
- **Lack of attendance**
- **Copying of assignments**

7. Overcoming Challenges in Learning

- **Pomodoro Technique**
- **Handling Distractors**
 - **Physical,**
 - **Physiological &**
 - **Cognitive**
- **Mindfulness, Mindful Learning and Concentration of Mind**

7. Overcoming Challenges in Learning

Effective Ways for Consolidating the Learning in Long Term Memory

- Spaced Recall / Retrieval / Flash Cards
- Interleaving
- Chunking
- Mind mapping
- Chunking vs Choking

7. Overcoming Challenges in Learning

- **Strategies for Preventing Memory Loss**
 - **Physical Exercise, & Food for Meeting Brain's Energy Needs**
 - **Sound Sleep and Memory Consolidation**
 - **Avoiding Stress, Anxiety & Depression**
 - **Awareness of Synaptic Pruning.**

7. Overcoming Challenges in Learning

Effective Ways for Taking Notes during Class Hours and Study Hours

Peer Learning and Reciprocal Teaching

Self-Testing & Metacognition

Effective Ways for Revising the Complete Syllabus, on the Day Before the Examination

Effective Ways for Retrieving the Learnt Material in the Examination Hall

8. Great People Advices and Practices

Nobel Laurette's

- Advice on Learning
- Learning Approaches during their Student Life
- Neils Bohr, Santiago Ramon y Cajal, & Richard Feynman

Prof. Richard Felder's Memo to Students

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- Advice on Learning
- Learning Approaches during their Student Life
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Prof. Richard Felder's Memo to Students

Strategies for Winning Admission and Scholarship in World's Top Universities

9. Expected Outcome

Becoming a Rapid Learner to Score Centum in Board Exams and Success in Competitive Exams

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**The Mind Once Enlightened
Cannot Again Become Dark**

Thomas Paine

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