

# Master Learning

Students often arrive at college—without learning the most essential lesson of all. It's not math or social sciences, or history, or any defined subject. It's the core skill that ought to be taught before any subject matter is presented—learning **how to learn!**



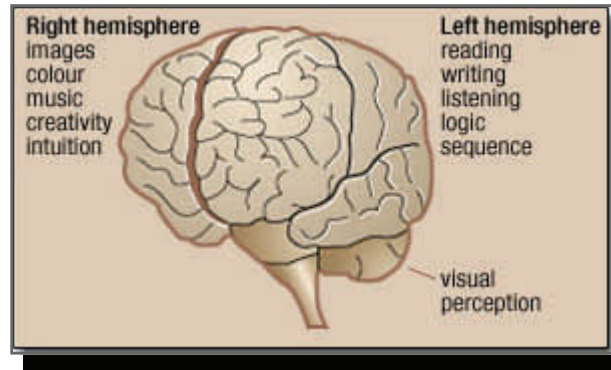
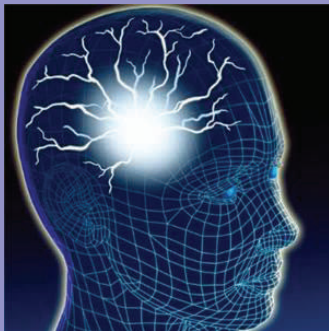
“Tell me and I forget. Teach me and I remember.



*Involve me and I learn.”*



- Benjamin Franklin



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 A N D D E V E L O P M E N T

# Brain Waves

## BRAIN WAVES

Did you know that your brain thinks at different frequencies depending upon what it is doing? There are four types of wave and they are categorised by their frequency (cycles per second) and they are:

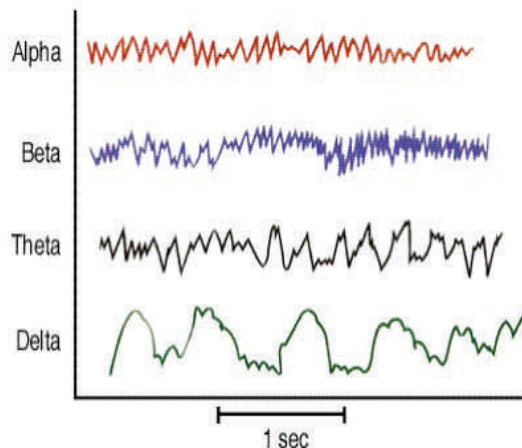
Beta (13-25 cycles per second) - Awake and alert

Alpha (8-12 cycles per second) - Daydreaming

Theta (4-7 cycles per second) - Early stages of sleep

Delta ( $\frac{1}{2}$  - 3 cycles per second) - Deep sleep

(Source - Accelerated Learning for the 21st Century by Colin Rose and Malcolm J. Nicholl)



## What is accelerated learning?

More has been discovered about how the human brain works in the last 25 years than in all history to date.

The Accelerated Learning Method is based on that research.

We each have a **preferred learning style** — a way of learning that suits us best. If you know and use the techniques that match your preferred way of learning, you learn more naturally. Because it is more natural for you, it becomes easier.

And because it is easier, it is quicker. Hence the name – **Accelerated Learning**. Colin Rose -leading expert on accelerated learning

## How does it work?

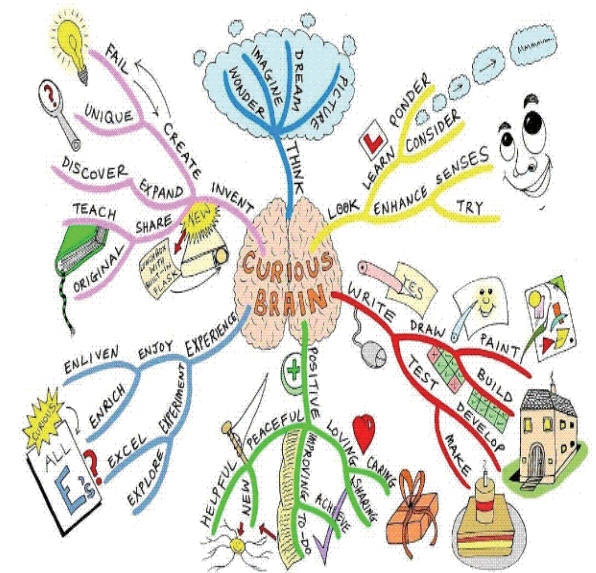
These are short, fun interactive sessions to give you an insight to just how capable and amazing your brain really works. You will discover your own learning strategy and break down some barriers with learning.

You will leave with a host of resources and information to continue this journey should you choose to.

This workshop will positively impact on your self confidence and self esteem as a learner.

Man's mind, once stretched by a new idea, never regains its original dimensions.  
~Oliver Wendell Holmes

To be a top achiever you need to be a life-long learner. Keep Looking for new skills, insights, strategies, techniques and ideas that inspire and shape you. If you keep learning, you're growing... moving toward excellence. Believe in C.A.N.I [constant and never ending improvement] -Kiechelle De-gale



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