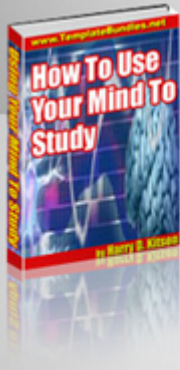


How To Use Your Mind For Study

LEARN THE SIMPLE TECHNIQUES STRAIGHT A STUDENTS ARE USING EVERYDAY TO GET AN UNFAIR ADVANTAGE OVER YOU IN THE CLASS ROOM YOU WILL BE SHOCKED TO LEARN JUST HOW SIMPLE THESE TECHNIQUES REALLY ARE TO USE!



How To Use YOUR MIND FOR STUDY



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Educational leaders are seeing with increasing clearness the necessity of teaching students not only the subject-matter of study but also methods of study. Teachers are beginning to see that students waste a vast amount of time and form many harmful habits because they do not know how to use their minds. The recognition of this condition is taking the form of the movement toward "supervised study," which attempts to acquaint the student with principles of economy and directness in using his mind. It is generally agreed that there are certain "tricks" which make for mental efficiency, consisting of methods of apperceiving facts, methods of review, devices for arranging work. Some are the fruits of psychological experimentation; others are derived from experience. Many of them can be imparted by instruction, and it is for the purpose of systematizing these and making them available for students that this book is prepared. You Must Learn To Study More Effectively! The evils of unintelligent and unsupervised study are evident to all who have any connection with modern education. They pervade the entire educational structure from kindergarten through college. In college they are especially apparent in the case of freshmen, who, in addition to the numerous difficulties incident to entrance into the college world, suffer

peculiarly because they do not know how to attack the difficult subjects of the curriculum. In entering upon a college course you are taking a step that may completely revolutionize your life. You are facing new situations vastly different from any you have previously met. They are also of great variety, such as finding a place to eat and sleep, regulating your own finances, inaugurating a new social life, forming new friendships, and developing in body and mind. The problems connected with mental development will engage your chief attention. You are now going to use your mind more actively than ever before and should survey some of the intellectual difficulties before plunging into the fight. Give me 15 to 20 minutes and I'll show you how to get results you can be proud to call your own! Here's a sample of some of the things you'll learn: # That the best way to study for an exam is, believe it or not, cramming! The benefits of cramming is that at such a time, one usually works at a high plane of efficiency; the task of reviewing in a few hours the work of an entire course is so huge that the attention is closely concentrated, impressions are made vividly, and the entire mentality is tuned up so that facts are well impressed, coordinated and retained. # How to get a mental second wind anytime you need it It's totally natural for someone to get mentally exhausted after hours of study and even tho your brain is telling you to stop, you know you must keep going, but it feels impossible.... BUT it is possible to gain a second wind and steal a few more hours of productive study time out of the day and out of your body and I show you how. # How to master the art of effective note taking! Students, as a rule, do not realize that there is any skill involved in taking notes. Not until examination time arrives and they try vainly to labor through a maze of scribbling, do they realize that there must be some system in note-taking. A careful examination of note-taking shows that there are rules or principles, which, when followed, have much to do with increasing ability in study. # How to become insatiably interested in any subject, no matter how boring it is.... "I can't get interested in Mediaeval History." This illustrates a kind of complaint frequently made by college students. In this chapter I show you simple techniques that make learning about any subject more interesting. It's really quite simple, yet very powerful. # I also show you how to get your body into peak physical and mental health for peak performance # And so much more! Aside from saving on production and shipping costs, you'll be able to download the ebook and start reading it within 90 seconds! Even sooner if you've got a fast connection.

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