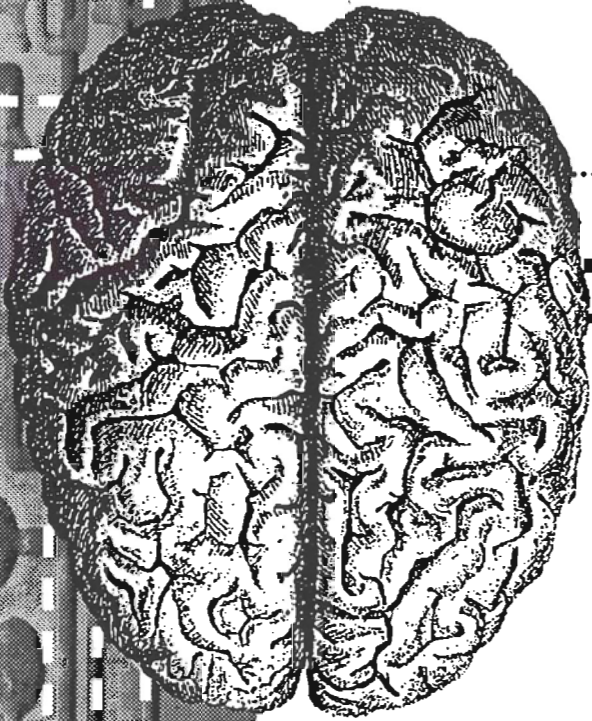
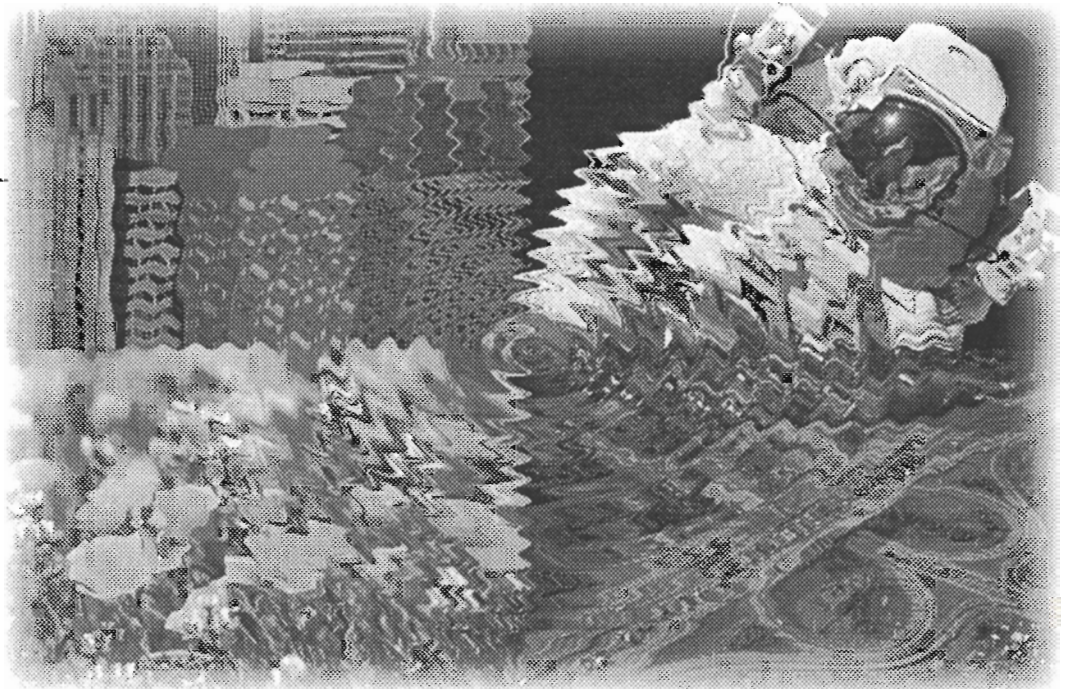


ACCELERATING YOUR LEARNING CURVE



Designed to
improve the
speed and
effectiveness
of learning.



by Andrew Wasson

Accelerating Your Learning Curve

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and effectiveness of learning**

Written by

Andrew Wasson

Edited by

Bernard Kehler

Typeset and layout by

Colleen Neal

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I have been involved in the study of accelerated learning models since my application and acceptance into the Professional Guitar Program of the Musicians Institute of Southern California. That was back in 1990. Five years later, I can see the dramatic effect that the Science of Accelerated Learning has had on not only my career as a Professional Musician but on my day to day life.

It seems that there is so much to digest in this world on a daily basis and that without a clear modern method on how to efficiently grab as much as possible some will get left behind. In grade school we are taught to involve complete concentration and to frequently repeat information. I'm here to tell you that that type of approach causes tension and a lack of involvement of the whole brain.

Accelerated Learning says relax, use creativity and imagination, use visualization and learn fast! The funny part to this is that we are always being creative through our days already. If I asked you, "which is easier to remember - the words to a pop song, or a grocery list"? In most if not all cases people choose the song. The reason for this is imagination. We have direct linkages through mental association to images, words, music, sequences, and rhythm! The formula here is: the more association, the STRONGER the retention.

In developing this accelerated learning program I had the opportunity to work with some fantastic people. I'd like to thank the doctors, psychologists, professional educators, the staff of The Musicians Institute and NLP Manitoba for the help and encouragement on this life changing program.

Section One

IMPORTANT PRINCIPLES OF IDEAL LEARNING

The following principles are an overview for what is important to designing your own personal accelerated learning approach.

1. When you learn, see, hear and feel the experience or information. Your senses are the key to learning FAST! As well, you must know your dominant sensory channel. In this program we will refer to the different sensory channels as; AUDIO, VISUAL and KINESTHETIC.
2. We all should have the potential for a photographic memory. By using creativity and imagination that potential can be realized.
3. Relaxation can bring about the body's own natural learning energy. This means you create the conditions of the ideal learning environment.
4. Understand how the brain works! Science may not have every answer, but human beings are becoming more and more self-aware all the time.

The left and right sides of your brain process information differently. The RIGHT responds to art, patterns, and music. The LEFT runs in a logical, sequenced and mathematical manner.

5. A rich and stimulating environment is the main factor in achieving your full potential.

6. Visual learning is perfect. By forming strong visual associations to material we build the foundation of Accelerated Learning.
7. The more time you spend on material, the better the learning. However, for the accelerated learner, the way that time is utilized matters most!
8. Topics, subjects, motor-skill development or certain lessons should have breaks occurring between set time frames. This allows for a steady arousal of your senses.
9. Chunking information into manageable parts is an important aid to reaction and memory.
10. Classical music of the baroque era is an ideal accompaniment to learning new material. The mood and rhythm created help to co-ordinate breathing, cardio-vascular rhythm, brain wave rhythm, as well as produce a sense of well being and relaxed receptivity.
11. Last, but what I feel is the most important aspect, is ATTITUDE. A student's attitude is the deciding factor of performance. An open mind, willingness to grow and make plenty of mistakes during the process works. Attitude doesn't create new abilities. It works by getting rid of negative suggestion something cannot be done.¹

Well folks, it is time to begin! Fasten your seat belts and put on your crash helmets! This program is about ready for lift off.

Just one last word. It has taken me five years to make the principles of accelerated learning habit forming. You have something I didn't - This PROGRAM! My students know the words about to come well: It does not take loads of complex ideas to make a difference in how you learn; it just takes one. The one you take in and use on a consistent basis.

Enjoy and Have Fun!

¹ Examples from *Accelerated Learning* © 1990 Colin Rose