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Education is all about right strategy

Humour is not a memorisation trick. Happy people live seven years longer than the ones who are unhappy. Eighty-five per cent of nervous messages are registered in the emotional part of the brain and not in the rational part – these are the three key rules that Terry Small uses during his conferences. Incidentally, he recently conducted a workshop at the Oberoi International School on how to improve brain capacities. Caroline Declas speaks with Terry, who gives these valuable insights.

Yes of course. First of all, I believe that you should have a strategy. School can be compared to a sport team, you can have a team with one great player with everyone courting on him to score, or you can have a heterogenic team with some weak point but with a good strategy and giving a role to everyone. In the end, it is usually the team with the strategy that wins. For school too it is the same, it is not about who is the best but about the all together working.

What do you think about timetables, how should they be arranged to suit the student needs?

I think that children should have a balanced environment. They need time out from the school to do homework, and of course, they also should have time to play and socialise, physical exercise and time to chat with their parents about what all is going on. I think in Canada, parents are not close enough to their children. Building a relationship is important.

You spoke of video games being turned off, what do you

HERE ARE SOME ADVICES THAN SHOULD BE IN YOUR STRATEGY:

- 1) **Train your brain with pictures.** This is the main problem at school, teachers talk, talk and talk again and we never have pictures to help memorising. Yet, pictures increase the capacity of memorisation. Plus, pictures help a student to focus and maintain attention.
- 2) **Look at things differently;** genius people were those who were curious, interested and open to new ideas. You also have to think like a teacher by anticipating what he wants you to remember.
- 3) **Set goals and write it down so you never give up:** Self confidence and leadership are really important in the process of learning, you should write down your goals on a paper and always have it while learning to make you realize it is possible.
- 4) **Take a brain break:** Get on your feet, it brings more oxygens to your brain and increase your ability. You should stop working every 40minutes to have a little break, but please turn off the TV. You can however, let a baroque music in the background, it helps focusing.
- 5) **Study actively and learn with all of your senses:** Audio by listening, visual by writing down and touch also by writing. Then when you test your knowledge, put a cover card on the answer to see if you actually know it.