

You Are Smarter Than You Think!

Application Journal

*A support tool for systematically
learning to use the
You Are Smarter Than You Think
Learning System*

Welcome! You are about to take a several week journey of discovery. The purpose of this journal is to intensify the benefits you can realize from using the You Are Smarter Than You Think Learning System. If you will follow each step along the way and make a commitment to learn this system as well as help the others in your group, you will not be disappointed with your results. Yes, this is a group process. Please find two or three others to join you.

My research has shown that students do better when they help one another. This system is not difficult. It is however challenging in that you will be asked to do things that don't seem very academic. Change is always difficult. Change to something very different is even more difficult. Don't let your fears stop you. You are not in this alone.

Before your first official meeting together as a group, I recommend that you read the Introduction through Chapter Three of the **You Are Smarter Than You Think (YASTYT)** book. Do the self-evaluations so that you can trouble shoot during your first meeting.

Let this be a fun experience. Enjoy!

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Meeting One

✓ **Assignments to Be Completed Before You Meet:**

Read the Introduction through Chapter Three in the YASTYT Book and do the two self-evaluations.

1. Getting to know one another

Share your names and phone numbers among your group members.

2a. Discuss the problems you have had in studying in the past. Look at grades, study time, lecture, note taking, test studying and taking. Write a Summary about what was discussed by each person.

2b. What would you like to see changed with your study and your results? Discuss this and then summarize what was discussed by each group member.

3. What questions and concerns do you have about the self-evaluations? Talk about fears that you have or doubts. Talk about your curiosity, Whatever you are feeling or thinking. Summarize what was discussed.

4. The Commitment

I would like each of you to read this commitment aloud and then sign at the bottom.

I will complete the YASTYT book and apply it fully to my studies.

I will help the others in my group to do the same.

I am committed to myself and to the group being better students.

I am committed to learning more effectively.

Signed _____

Date _____

5. How does this system work? Discuss the details given in Chapter One. Use your own words. The people who understand this, please teach the others. Then let the others teach you. It is important that you fully understand how this system works by the time this meeting ends. Summarize what took place and what was said.

6. Your Next Step:

✓ **Turn** in page 17 of your Personal Learning Summary to your instructor. You will find an additional copy in the Appendix.

Read Chapters Three and Six before your next meeting.

Decide when you will meet again. A few days to a week would be good.

Jot down any questions that occur to you as you are reading the two chapters.

Meeting Two

✓ **Assignments to be completed before You Meet:**

Read Chapters Three and Six in the YASTYT book.

1. The Commitment. Read it together again as you did last time. Mean it.
2. Discuss any questions you had from the reading. Summarize what was discussed.
3. What are the three steps in the YASTYT learning system? Express it in your own words. Use the rancher story to help and make sure everyone in the group can explain all three parts. Summarize what happened.
4. List the Reception Attributes of each group member next to their names below.
5. How and where are you going to use this skill? List at least five situations and everyone come up with what they will do according to their attribute.

6. What fears are you experiencing about using this new skill. It is natural and normal to begin to have some fears at this point. If you will express them and discuss them they will evaporate. You will not be at the effect of them. Some students get stopped by their fears. Being honest. Everyone say something. Summarize what happened.

7. Your Next Step:

✓ **Apply** your Reception Attribute in as many situations as you can. Take notes on what happened so that you can effectively discuss the results in your next meeting. Using your Receptions Attribute fully and carefully will help you experience its benefits.

Call One of your group members for help if you get stuck during the week.

Read Chapter Four before the next meeting.

Schedule your next meeting for one week from today.

Meeting Three

✓ Assignments to Be Completed Before You Meet:

You have used your Reception Attribute in at least three situations making notes of the results. You have read Chapter Four.

1. What happened when you use your Reception Attribute? What success did you have? What do you need to modify? List each person's report and summarize what was said.

2. What is the purpose of the Reorganization Step? What will each of you do to fulfill this step? Let each participant explain what they will do. Make sure that everyone is understood. Clarity means understanding. Summarize what was discussed.

3. What concerns do you have about using this skill? Does it feel right? Do you need to make modifications? What fears do you have? This is about telling the truth. If you don't you probably will not follow through. Use your friends here to help you feel better about what you are doing. Those that are excited help the others. Summarize what was discussed.

4. Memory Jogger

Turn to page 135 if you are a Linguistic learner. Turn to page 137 if you are a Logical Learner. Turn to page 139 if you are a Spatial Learner. Fill out the top portion of this form.

5. Your Next Step:

✓ **At this point** you should feel comfortable using your Reception Attribute. Your next step is to combine it with your Reorganization Attribute. Do this as fully as you can. Do not try to do your old assignments using this technique. Do the new things as was suggesting in Chapter Six. Keep track of how things went.

Call your group partners if you have difficulties with this.

Read Chapter Five.

Meeting Four

✓ Assignments to Be completed Before You Meet:

You have blended the Reception Step with the Reorganization Step on any new assignments and you have read Chapter Five.

1. How did blending your Reception step and the Reorganization step go? What results did you have? What do you need to modify? Please have each person in the group answer these questions. If someone is having difficulties help them. If you look in the Appendix on pages 141-151 you will find an Application Chart. This may also help. Don't end this session until the confused person no longer feels confused or someone agrees to work with the confused person later. Summarize what occurred during this session.

2. What is the purpose of the Retention step? Make sure that everyone understands this. Summarize what was discussed.

3. How do you plan to use your Retention step? Go around the group and have each person say what they will do. Summarize what was said.

4. What scares you about this step? Do the activity on page 114. Then talk about what you feel. Make sure that no one in your group is stuck with negative feelings about this or any other step. If they talk about it, they will feel better. Summarize what happened.

5. Your Next Step:

✓ **Blend** your new Retention skills with your Reception and your Reorganization skills. Try this on several occasions. If you have a test to study for use it on this. Self test your results. Make sure that you really learned. Be prepared to report your results to the group.

Read Chapter Seven and Eight.

Schedule your next meeting. Bring to this meeting blue crayons and scissors.

Meeting Five

✓ **Assignments to Be Completed Before You Meet:**

You must have blended your Retention steps with your Reception and Reorganization steps and have read Chapters Seven and Eight. Bring to this meeting a blue crayon and scissors.

1. How did it go blending your Retention step? What results did you notice? What modifications do you feel you need? Go around the group and have everyone answer. If there is someone who had difficulties with this step help them until their problem is solved. Summarize what happened.

2. Fill out the last section of your Memory Joggers(see pages 135-139 in the Appendix). This is to be turned in so do a good job. Tear it out, make a copy, and attach it to this Journal.

3. Talk about how you feel about tests. Why do they scare you or make you feel the way you feel? Go around the group and discuss this. Summarize what happened.

4. Talk about your reactions to the story in Chapter Eight. Discuss who in your life, teachers, parents, kids, friends, neighbors, that might be touched by knowing that you think they make a difference in your life. Now color and cut out one of the ribbons and present one to each member of the group. Don't get silly. Make this have some meaning. Summarize what happened.

5. Your Next Step:

✓ **Continue** to use all three steps of the YASTYT program with all of your homework. Be prepared to report specific results.

Say, "I love taking test" for the next week as many times as you can. Make sure to say it in the morning while getting ready and in the evening before you go to sleep. Be prepared to report your thoughts and happenings during this process.

Cut out, color and give at least one of the "Who You Are Makes A Difference" ribbons to at least one person. It can be someone you know or a complete stranger. Then give that person an additional ribbon and have them give it to someone and report back to you about what happened.

Schedule your next meeting.

Meeting Six

✓ Assignments to Be Completed Before You Meet:

You will have continued to use all three steps in the YASTYT learning system. You will have said as many time as you could, “I love taking tests.” You will have given out at least one “Who You Are Makes A Difference” ribbons.

1. What results are you seeing in your studying as you use the three YASTYT steps? Look at your study time, memory length, grades, level of stress. Go around the group and each person report please. Summarize what was said.

2. What happened when you said, “I love taking tests?” Go around the group and report. Summarize what was said. Make an agreement with one another that you will continue to say “I love taking tests” for at least 20 more days.

3. What happened when you gave out the “Who You Are Makes A Difference” ribbon? Go around the group and let each person report. Summarize what happened.

4. Please answer the following questions together. Help one another to be specific.

- What did you like about the YASTYT book?

- What did you like about this Journal?

- What things did you find confusing in the YASTYT book?

- What would have been helpful to include or exclude in the Journal?

- What specific gains have you experienced since reading the YASTYT book and doing this Application Journal? List them. If you have taken tests, report your scores and what you have done in the past. This is one of the most important steps in this Journal so please do it carefully and completely.

1.

2.

3.

4.

5.

5. Please Read This Together

As a team you should now be feeling quite good about what you have accomplished. As an individual you should feel wonderful. Congratulations on hanging in there. This has not been an easy journey but you were not stopped. It is a testament of your strength and the groups willingness to help each person succeed. As you move forward to your next step always remember, You are smarter than you think and who you are makes a difference.



You Are A Winner !