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Analyze

To analyze something means to study it critically or examine the individual parts in detail. Throughout the course, analysis is referred to as a primarily left mode attribute.

Anticipation

Anticipation is the ability to recognize something in advance. When we read, we are often ten words ahead of the one that we are actually focusing on. The reason for this is that we have read so many words and phrases over the years that the brain subconsciously makes up what it thinks is going to follow.

Attributes

In this course, an attribute refers to a quality, characteristic or property that a person possesses. The differences between the right and left mode approaches are actually explained in terms of their attributes.

Chunking

Chunking is a technique which involves breaking a task down into small achievable pieces. This enables effective management of time and helps maintain a high level of motivation.

Clusters

Clusters are groups of words. We actually read and process words not as individual entities but as clusters. The size of a cluster will vary from person to person but usually consists of two to three words.

Comfort zone

The comfort zone is a phrase used to describe an imaginary boundary which we build around ourselves. Things which we already know how to do, lie within our comfort zone. Those which we don't (new skills and challenges) lie outside. The problem is that no learning takes place within this zone, it only contains what we already know how to do.

Concepts

A concept is a notion, an idea or a thought. Something which is conceived by the mind.

Faculties

A faculty is a natural or acquired ability for a particular activity. The two faculties referred to in this course are the faculty of speech and that of memory.

First pass

A first pass is a comprehension technique which can be used to provide an insight into a reading material's content. It involves flicking through the material briefly to gain an idea of the subject matter and structural details.

Hyperstimulation

Hyperstimulation is a reading activity which, with practice increases the amount of visual information that the brain can process.

Intuition

Intuition is the ability to laterally transfer knowledge from one experience to another. In this course it is discussed as a predominantly right mode attribute. One which has been denied, discouraged and scorned. Only recently has it been identified as an essential ingredient of four specific activities; learning new skills, design, problem solving, and decision making.

Long term memory

The long term memory contains resilient memories. Memories that have persisted over many years. In most cases these memories are not consciously placed there. They are memorable simply because they are sensorially unique, are acquainted with extreme emotion or have been subjected to repetition. In this course we copy these modes and consciously make important details memorable.

Memories

Memories are recollections of past events, thoughts, conversations or facts.

Memory

Memory is the mental capacity or faculty to recognize and recall information or previous experiences. In this course two different types of memory are discussed. These are short term and long term memory.

Overskill

Extreme left mode people are most likely to develop overskill. It means that a person possesses more skills than are necessary to be competent in his/her position. Left mode people are attracted to detail and follow instructions linearly, from beginning to end.

Physiology

In this course, physiology refers to our posture and the effect that this has on our internal organs. Slouching over when reading, restricts the amount of oxygen that the lungs are able to inhale which in turn lessens the activity of the brain.

Sequential

Sequential is where someone or something follows a clearly defined path.

Short term memory

The short term memory holds all of the experiences that happen to us and all of the information that we process. Memories that are held by the short term memory will gradually disappear unless something is done to transfer them to the long term memory.

Skills

A skill is an ability which comes from practice and knowledge. It is usually associated with the ability to do something well.

Spatial awareness

Is the ability to process movement through space. Spatial awareness is often associated with creative ability such as found in music, the arts, and design.

The Reticular Activating System

Is an area of the brain which determines what we will focus on or notice and what we won't. It is thought to have evolved to aid us in matters of survival such as the identification of food and to alert us of danger.

Triggers

A trigger is anything which produces a response of certain memories. Some triggers are unconscious. The problem with these, is that they usually remind us of the memory too late. With conscious triggers, we go out into the future and set up a relationship between a person or object and a particular memory.

Underskill

Underskill means that a person doesn't possess quite enough skills to be competent in his/her position. Extreme right mode people are most prone to underskill.

Unlearning

Unlearning is getting rid of old habits and casting off old beliefs. It then involves replacing those habits and beliefs with new and more useful ones.

