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Accelerated Learning

Based on the last 20+ years of research, Accelerated Learning (AL) has proven again and again to increase learning effectiveness while saving time and money in the process. What makes AL so effective is that it's based on the way we all naturally learn. It does this by actively involving the whole person, using physical activity, creativity, music, images, color, and other methods designed to get people deeply involved in their own learning.

Learning materials should be created and delivered by participants.

- Allow the participants to modify the agenda and the direction of the training.
- Have the learners teach each other.
- If additional content is deemed necessary for learning, allow the participants to create it and deliver it.

Learning should be collaborative.

- Design training to allow for cooperation and interaction.
- Use pairs or small groups for discussion and reflection.
- Competition between learners slows learning.

The human nervous system is more of an image processor than a word processor.

- Use visuals.
- If a concept is hard to understand, ask Participants to create a visual that explains it.

Learning involves the whole mind and body with all of its emotions and senses.

Use music.

- At the start and end of the training,
- During breaks,
- During activities, and
- Conduct Concert Reviews (summaries with background music but no spoken words).

Use peripherals (wall hangings).

- 3-D,
- Pure art, and
- Training content.

Balance the body's needs.

- A short break often (55 minutes on, 5 off is a good ratio).

Provide optimum food choices.

Essentials for learning:

- Amino Acids (proteins),
- Fatty Acids (Omega- 3, Omega- 6, etc. gotten from fish),
- Micronutrients (proteins),
- Water, and
- Sugar-free gum has been shown to be helpful.

Avoid:

- Soft drinks and
- Bad carbs (white, refined, etc.)

Suggested Menu:

Breakfast:

- Fruit,
- Juice,
- Water, and
- If necessary, whole grain carbs (wheat bagel, whole-grain bread, etc.) with non-fat butter and low-fat spreads.

Lunch

- Fish/chicken,
- Vegetables,
- Fruit, and
- Water.

Snacks

- Vegetables,
- Fruit,
- Water