

The Rose & Nicholl 6-step Plan: (1) *Motivating Your Mind*

Your Mind is Your most important instrument:

- Your Attitudes towards School, Classes, Assignments & Tests ultimately come from Your Thoughts

Mind Management affects your effectiveness in Time Management (Managing your time for tasks and getting your tasks done), Listening for Note-taking, Focus for Reading, and Exam preparation & Test-Taking

Managing your Thoughts (Words/Sentences, Images, Sounds)

- These carry an **Emotional** Charge
- These Stimulate Biochemicals - Biochemicals stimulate Emotion(s) - Emotions lead to Behavior(s)

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The Greek “Big Three”:

(1) *Phronema* (Greek: Mind): two parts to Your Mind ...

- Your Higher Mind
- Your Lower Mind (e.g. raw emotions)

(2) *Kritikos* (Greek: Judgment): the action ...

- Higher Mind applies *Kritikos* of Images, Sounds & Words of Lower Mind

(3) *Aichmalotizo* (Greek: to Lead): the result (or reward) ...

- Higher Mind is the *Aichmalotizo* of Lower Mind

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Before You Start Your Study Session:

- Calm Your Mind
- Plan your study session (what are your Learning Objectives?)