

Finding IT: Getting to the Heart of Personal Power

One of the best ways to accelerate your learning is to have personal power. Accelerated learning is a teaching method that provides the learner with experiences that encourage ownership. Personal power is a learning technique that encourages you to take action and ownership of your learning. Understanding the principles of accelerated learning can directly correlate to increasing your personal power. The International Alliance of Learning published a variety of ways to challenge teaching professionals to facilitate an environment to increase learner ownership. The following eight accelerated learning principles are combined with action ideas for you to achieve personal power.

1. **Knowledge about the human brain.** Using both sides of the brain helps better integrate new information with existing knowledge. Assessing the brain for the child learner should be done in similar ways for adults: Learning should be relaxed and fun with a childlike twist. Tapping some of your favorite ways to learn as a child can assist learning about your personal power.
2. **Emotional state.** Since information that is connected with intense emotions tends to be retained the longest, it is critical to emphasize creating a positive emotional impact for learners. Becoming aware of which emotions you have when experiencing positive mental states is invaluable for your personal power.
3. **Music.** Emotional engagement is often simulated through music. Music can also influence learning through the pace, tone, mood and energy level of the music. Play music that matches the a emotions within your personal power framework: To enhance creativity or energy select lively instrumental pieces, but to reduce stress or instill reflection listen to peaceful instrumental selections.
4. **Self-esteem.** Creating a positive mental state that coincides with personal expectations for learning results in positive self-esteem. Maintaining a positive self worth affects your attitude toward how motivated you are to achieve personal power success.
5. **Individual Intelligence.** According to Howard Gardner's theory of multiple intelligences, each person possesses seven modes of thought for an array of learning experiences: linguistic, verbal/spatial, kinesthetic, musical, logical/mathematical, interpersonal and intrapersonal. Maximize your personal power to enhance creativity and growth by incorporating learning through all seven intelligences. Each week focus on developing as many different learning methods for one of the intelligences. After seven weeks you will have a variety of learning methods in your tool kit.
6. **Imagination.** Imaginative games and activities that have physical movement, color, depth, and color can enrich verbal and written information. Visualizing and

being imaginative with the characteristics of what you want to accomplish can help capture the intensity of your personal power.

7. **Learning objectives.** Learning outcomes must be clearly defined and linked to what's relevant to the learner. The same goes with obtaining outcomes for personal power -- self-directing information that correlates with your clearly specified objectives is one of the most efficient outcome-oriented ways to reach your goals.
8. **Improvement Process.** Providing measurable data about the learner's progress is one of the ways to improve the continuous learning process. If there is no way to measure the affects of your personal power, then there is no way to prove the fruits of your labor. One way to measure your progress and accelerate your learning is to unleash the power within -- your personal power.

Janae Bower is an inspirational teacher, business consultant and award-winning author of the book *The Little Girl Who Found IT*. She works with organizations and individuals to help get IT. You can contact Janae at janae@findingIT.com, 612-554-1367 or www.findingIT.com to find out more about the book and her work.