



BRILLIANT YOUNG MIND

FOLLOW UP

Thanks for organising for your students to attend The Hopefull Institute's Brilliant Young Mind seminar. We are so committed to presenting this as a way to help young people grab the opportunities presented to them, recognise their limitless potential, achieve their educational goals and work in a productive manner.

This follow-up document summarises the key points from Brilliant Young Mind and shares ideas for follow up exercises with your students.



BRILLIANT YOUNG MIND

“EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.”

NELSON MANDELA

“THEY CANNOT STOP ME. I WILL GET MY EDUCATION, IF IT IS IN THE HOME, SCHOOL, OR ANYPLACE.”

MALALA YOUSAFZAI

“OPPORTUNITY IS MISSED BY MOST PEOPLE BECAUSE IT DRESSED IN OVERALLS AND LOOKS LIKE WORK”

THOMAS EDISON

“THE MORE THAT YOU READ, THE MORE THINGS YOU WILL KNOW, THE MORE THAT YOU LEARN, THE MORE PLACES YOU’LL GO.”

DR SUESS

“EDUCATION IS NOT THE FILLING OF A PAIL, BUT THE LIGHTING OF A FIRE.”

W.B YEATS

“A PERSON WHO WON’T READ HAS NO ADVANTAGE OVER ONE WHO CAN’T READ.”

MARK TWAIN

“LEARNING IS LIKE ROWING UPSTREAM: NOT TO ADVANCE IS TO DROP BACK.”

CHINESE PROVERB

“I’M READING SO MUCH AND EXPOSING MYSELF TO SO MANY NEW IDEAS. IT ALMOST FEELS LIKE THE CHEMISTRY AND THE STRUCTURE OF MY BRAIN IS CHANGING SO RAPIDLY SOMETIMES.”

EMMA WATSON

“A MAN’S MIND, STRETCHED BY NEW IDEAS, MAY NEVER RETURN TO ITS ORIGINAL DIMENSIONS.”

OLIVER WENDELL

“I WAS LIKE THAT SHIP BEFORE MY EDUCATION BEGAN, ONLY I WAS WITHOUT COMPASS OR SOUNDING LINE, AND NO WAY OF KNOWING HOW NEAR THE HARBOR WAS. “LIGHT! GIVE ME LIGHT!” WAS THE WORDLESS CRY OF MY SOUL, AND THE LIGHT OF LOVE SHONE ON ME IN THAT VERY HOUR.”

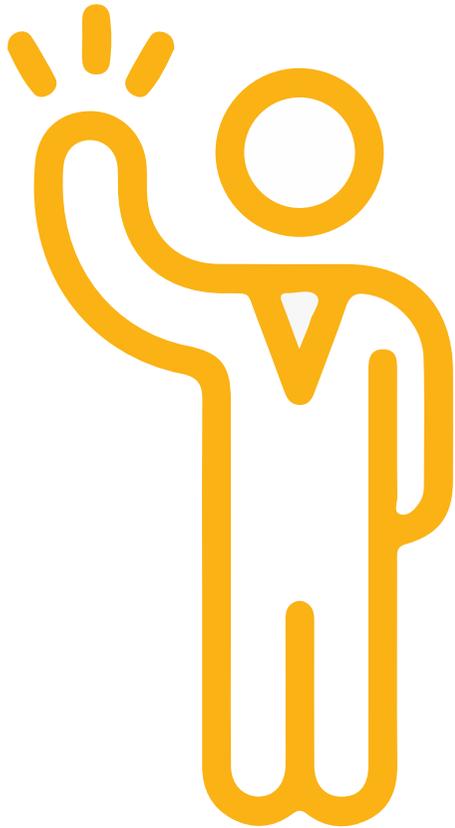
HELEN KELLER

“IN ALL LABOUR THERE IS A PROFIT”

PROVERBS 14:23

7 STRATEGIES FOR

SUCCESSFUL SCHOOLING



1. Personal Leadership

Year 11 and 12 is like a rite of passage from student-hood into adulthood.

If you back down from challenges in the classroom, you will continue to back down challenges in life.

“If it’s going to be it’s up to me.”

– William Johnsen

School is the place where you hone your ability to learn hard things.

‘Chunking’ is a learning strategy used to reduce the cognitive load. When you use it, you process information and tackle challenges in small bites to produce higher levels of confidence.

The Reticular Activating System (RAS) is a bundle of nerves at our brainstem that filters out superfluous information taken in through our sensors, so the important data gets through.

Flow follows focus



Focus on winning in the classroom

7

STRATEGIES FOR

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2. Mind Hacks

If you are complaining about your lack of intellectual capacity rather than trying to conquer your limits, you are living in a fixed mindset.

You get the brain you earn, not the brain your want.

Maths is the language of logic. It is a way to learn how to reason, be disciplined, understand probability and to problem solve. These characteristics are extremely valuable to living a flourishing life.

“I will not let anyone walk through my mind with their dirty feet.”

– Mohandas Gandhi

Our main limitation is our expectation.

“To be a great champion you must believe you are the best. If not, then pretend that you are.”

– Muhammed Ali

Life is not about perfection, it is about progress.



Growth mindset hack — Focus on progression rather and perfection

7 STRATEGIES FOR SUCCESSFUL SCHOOLING



3. Time Management

Time is much more valuable than money.

“The main thing is to keep the main thing the main thing.”

– Stephen Covey

“Outer order contributes to inner calm.”

– Gretchen Rubin

“Don’t focus on being busy, focus on being productive.”

“The ability to simplify means to eliminate the unnecessary so the necessary may speak.”

– Hans Hofmann

My Top 5 Time Management Tips

1. Get the environment right.
2. Get the timing right.
3. Don’t exhaust your attention span.
4. Avoid postponing important tasks.
5. Place curfews on social media and other interruptions.



Create a weekly schedule in a spreadsheet program in 15-minute increments and plan your week.

“By failing to prepare, you are preparing to fail.”

Benjamin Franklin

7 STRATEGIES FOR SUCCESSFUL SCHOOLING



4. How to Study Smart

“Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.”

Sun Tzu, The Art of War

The 3 steps process for ultimate study productivity:

1. Class notes
2. Study notes
3. Exam notes

“Judge a man by his questions rather than his answers.”

- Voltaire

“The best scientists and explorers have the attributes of kids! They ask questions and have a sense of wonder. They have curiosity. ‘Who, what, where, why, when and how!’ They never stop asking questions, and I never stop asking questions, just like a five-year-old.”

- Sylvia Earle

Don't become jaded. Transcend that the 'been there done that' attitude of toxic adulthood and live with a sense of wonder. Let the light in.

“The more you understand, the less you have to remember.”

- Craig A. McCraw

Colour Code your subjects to improve your memory process.



Create a vision board.

7

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5. Overcome the Fear of Failure

Failure is not the worst thing that could happen to you. The worst thing is boredom because you settle for mediocre.

“Success is a lousy teacher. It seduces smart people into thinking they can’t lose.”

Bill Gates

If we don’t live by our priorities, we will be led by our pressures.

See failure as an opportunity to improve.

“The great danger for most of us is not that our aim is too high, and we miss it, but that it is too low and we reach it.”

Michelangelo

“Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.”

Corrie Ten Boom

Hope means nothing unless hope means action.

7

STRATEGIES FOR

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6. The Exams

In order to perform well in a challenging situation, you must be psychologically and physically alert.

Rest makes you ready.

First, do the easy questions.

ABC — Affirm Yourself | Breathe | Concentrate.

“You can’t have a million-dollar dream with a minimum wage work ethic.”

Stephen C. Hogan

Avoid the thinking traps of:

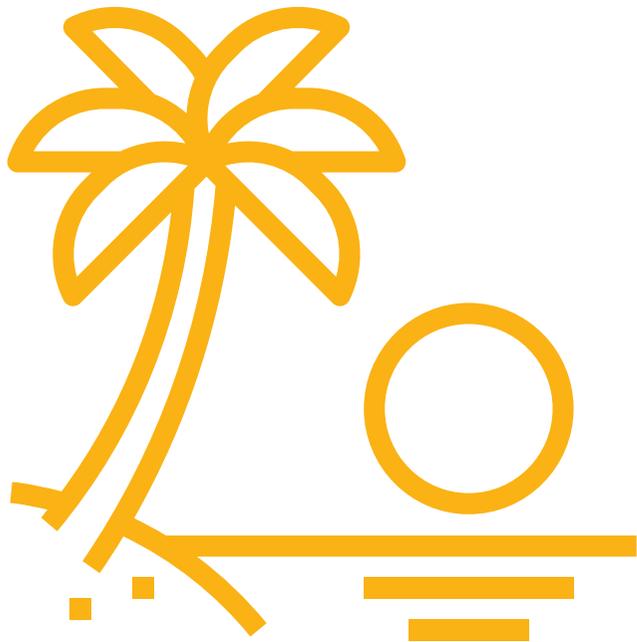
- a) labelling yourself with a single negative word
- b) overestimating the danger
- c) Imagining and dwelling on the worst possible outcome.

An exam cannot assess what makes you exceptional and unique. The exam markers do not know that some of you speak more than one language, play sport, sing, love to dance or can code a computer program. The examiners do not know that you are caring and thoughtful and every day you do your best. They do not know that you love trying new things and having a go, because these attributes cannot be tested. This exam will not tell if you made your teacher smile every day or that you were kind to your parents. So put it in perspective and realise you are much more multifaceted than your grades.

7

STRATEGIES FOR

SUCCESSFUL SCHOOLING



7. Stress Less

“Calmness is the cradle of power.”

Josiah Gilbert Holland

The antidote to anxiety is peace.

Being is a state of flow calms anxieties and focuses the mind.

Distraction is a form of torture.

If the sun was shining all the time, you would have nothing but a desert. Rain brings refreshment.

“Much of the stress that people feel doesn’t come from having too much to do. It comes from not finishing what they’ve started.”

David Allen

“Emotions are data, not directions.”

Susan David

Shopping List

- Scented Candle
- Indoor Plant
- Vision Board
- Three Folders
- Large piece of Cardboard
- Coloured Paper



BRILIANT YOUNG MIND WELLBEING FRAMEWORK

The following reminders will help you cultivate optimistic, creative and self-directed students who can't wait to see what they're truly capable of.
This seminar reminds students to:



**harness a
problem-solving
attitude**



**foster
grit**



**utilise
productivity
tool**



**develop
character
strengths**



**display
initiative**



**manifest
flow**



**acquire the
ability to
adapt**

After Brilliant Young Mind, encourage discussion in your class with the following questions:

Q: Name one take away or idea you received from the Brilliant Young Mind Presentation.

Q: What's your vision for this school term?

Q: What are your specific goals related to your vision?

Q: How are you going to get there? List three action steps you need to be working on to accomplish your goal.

Q. What type of student are you? (Proactive, Procrastinator, Passive)

Q. In relation to school homework and studying, do you procrastinate?
(Break students into the four sections listed below and ask each group to develop a strategy)

a) All of the time b) Most of the time c) Some of the time d) Rarely

Q: When was the last time you experienced flow and what were you doing?

Q: Why is mindset so important?

Q: What belief better serves your vision?

Q: What study habit could you adopt that your future self would thank you for?

Q: What are the things that distract you or waste your time? How can you avoid these time wasters?

Q: What are the things you need to stop doing?

Q: How can you better organise your class notes, study notes and exam notes?

Q: How many hours of uninterrupted sleep are you getting?

Q: How do you handle failure?

Q: What thinking trap do you allow yourself to fall into during exams?

Q: What are the ways technology causes stress? How can you better manage your technology diet?

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