

# WHOLE BRAIN LEARNING [SOF13]

SAQA Unit Standard:

Not aligned

NQF level: 3

## OVERVIEW:

This course facilitates the creative and intellectual awakening and teaches “Whole Brain Learning” and cognitive study methods. It is a program of true self-discovery, which facilitates individuals’ realization of their power and creative learning capacity by integrating the imaginative, problem solving, and understanding functions of the right-brain with the logical, practical, and strategic functions of the left brain. This right and left hemisphere integration is essential to learning, long-term memory, critical thinking and creative invention.

### **Benefits**

- Improved self-belief & confidence
- Whole brain learning
- Realization of full creative potential
- Ignites a passion for learning
- Improved thinking and reasoning skills
- Improved listening & communication skills
- Improved problem solving skills
- Read with speed and understanding
- Indefinite retention of information
- Accurate recall of information

## WHOLE BRAIN LEARNING- BEGINNERS

### COURSE CONTENT

#### ONE DAY PROGRAMME

#### INTRODUCTION - DAY 1

- 10 Steps to success
- Understanding yourself better
- Whole Brain Learning explained
- Optical illusions
- Self - concept
- Brain puzzles

## WHOLE BRAIN LEARNING- ADVANCE [SOF014]

### COURSE CONTENT

#### THREE DAY PROGRAMME

#### DAY 1

##### MODULE 1. MEMORY SKILLS

#### DAY 2

##### MODULE 2. LEARNING SKILLS

##### MODULE 3. READING & COMPREHENSION SKILLS.

##### MODULE 4. LISTENING SKILLS

##### MODULE 5: WRITING

##### MODULE 6. COMMUNICATION SKILLS - DAY 3

#### DAY 3

##### MODULE 8: PLANNING

##### MODULE 9. APPLICATION OF SKILLS TAUGHT

