



Lesson 1

Seminar of Academic Readiness (SOAR) *Lesson One – Discovering You - Video Transcript*

Welcome to Innovator Training. My name is Carol Pigott and I am your instructor for this course. This is the SOAR Program which stands for the Seminar of Academic Readiness. This lesson is about discovering YOU. In this lesson we will do an overview of what we will cover in the future lessons of the SOAR Program. So here we go.

Well what are we going to talk about today? In this lesson we will learn to

- Identify the key characteristics of peak performance.
- Use the Self-Management for Academic and Occupational Achievement tools
- Create a personal mission statement
- Apply the Adult Learning Cycle (ALC) in this lesson and in lessons in the future

We have all heard the saying that learning is a lifetime journey as old as saying is it is true.

People who are successful understand this and have started out on this journey.

Peak performers are those who understand this and have come to then understanding that learning is restricted to the classroom. They know that with every moment there's a learning opportunity.

What is a peak performer?

This is a person who is successful and desires to pursue a lifetime of learning. These are people who come from all ages, all cultures, and all genders. They are people who have become masters at creating excellence by focusing on results. They focus on long term goals and know how to break down those goals into daily action steps.

A primary strength of every peak performer is the ability to self-manage. This is a thought process that involves techniques you can utilize to help you manage your thoughts and behaviors, keep you focused, overcome obstacles and succeed.



Lesson 1

One of the first steps in becoming a peak performer is to self-assess- yourself. Take an inventory of your qualities, your strengths and, yes, your weaknesses; those areas that are challenging you to create better habits and opportunities to changes.

Regardless, this is a very important first step; for out of self-assessment comes the ability to recognize your need to learn new subjects and tasks. It may reveal that you need to learn how to relate more effectively with others. You may need to improve you skills in setting goals. Refine your time management skills. Manage stress better so that you can create a more balanced productive life.

Honest self-assessment requires facing difficult truths and seeing yourself objectively. It requires facing character flaws such as procrastination or the lack of organizational skills. Recognizing our areas of weakness is often the first step in conquering these bad habits. Honest self-assessment can be the foundation for making positive changes in your life

Self-management involves critical thinking skills to help you in your academic and your professional, as well as your personal life. Critical thinking involves a logical, rational, and systematic thought process that is necessary to understand, evaluate information, and solve the situations and problems that are bound to come your way.

Visualization

This is a powerful self-management tool that helps you focus on positive actions and outcomes. Visualization is using your imagination to see your goals clearly and envision yourself successfully engaging in new positive behavior

Affirmations

Affirmations are the positive self- talk; the internal dialogue that you carry on with yourself. Affirmations counter self-defeating patterns of thought with more positive hopeful and realistic thoughts.

Lesson 1

Reflections

Reflection is an important management tool as well to reflect is to think about something in a purposeful way with the intention of creating new meaning. Sometimes the process causes us to reconsider our previous knowledge and to explore new alternatives and new ideas.

Drafting a Personal Mission Statement

A mission statement looks like looks at the big picture of your life from which your goals and priorities will flow. This is a written statement that focuses on the contributions you want to make based on your values, your philosophies, and your principles. When you have a sense of purpose and direction you'll be more focused and your life will have much more meaning

Before you Begin:

You'll want to draft your mission statement by answering these three questions.

- 1) What do I value most in life?
- 2) What is my life's purpose?
- 3) What legacy do I want to leave?

Considering the answers to these questions, draft a simple mission statement. We will cover this process in much more detail in future lessons. But for now you'll be able to use your mission statement as sort of roadmap as we journey.

The Human Brain

The human brain is an intricate and marvelous piece of work. Scientists have been speculating for centuries about how it works. Learning and memory are two areas of mystery scientists have been trying to figure out. Out of the confusion have come many learning theories including brain based learning, learning styles, personality styles, and right and left brain memory and processing.

In order to know you, you should become aware of your learning memory and brain processing style. You know yourself enough to know if you're an analytical thinker or an imaginative thinker.

Lesson 1

Do you learn best by reading the material, by hearing your instructor lecture, by watching a demonstration, or perhaps performing a procedure with your own hands?

We'll explore these learning styles and do even a learning style assessment in future lessons so that you'll have a sort of baseline to help you understand your strengths and challenges in the classroom.

Using both sides of your Brain

Do you use both sides of your brain? Most people have a preference for right or left. Well, it's not like we have a choice of which side we use

Regardless, studies have shown that the brain has two systems by which it classifies information. The right side of the brain is thought to manage visual and intuitive type of information and the left side is thought to be in charge of the linguistic and factual information. So if this is true, if you are an artist you are likely to be dominated by the right side of your brain. And, if you're a wizard at math you might just be dominated by the left side of your brain.

The Adult Learning Cycle (ALC)

This process offers a fifth stage, not included with other theories, and that is teach well let's talk about these. There are five steps.

- 1) The first one is – Relate
 - a. Why do I want to learn this?
- 2) The second one is- Observe.
 - a. How does this work?
- 3) Third- Reflect.
 - a. What does this mean?
- 4) Fourth- Do.
 - a. What can I do with this?
- 5) And then finally- Teach
 - a. How can I relay this information to others?



Lesson 1

I often use this step with my students as when I teach a student a procedure or process I usually have them; the more experienced students teach it back to some of the newer or less experienced students.

You'll also see this tool demonstrated in future lessons. As I introduce and then apply the learning concepts the principles and the tools discussed in this and in future lessons

Well let's summarize what we talked about today:

- In this lesson we discussed lifetime learning and self-management.
- We talked about honest self-assessment
- as well as practicing visualization, affirmation, and reflection.
- We talked about a personal mission statement why it's important.
- We also talked about the adult learning cycle as well as learning styles.

Today was an Overview

Now today we just did an overview of these topics in future lessons. We will discuss these very principles in further detail. We will discover our learning styles by using an assessment tool. We will also discover the vast amount of resources and learning tools available for students.

So please join me as we continue.

Today's Take-Away

If there's one thing I'd like you to take away from this lesson - it's this:

“YOU MUST BE YOU”

This creates freedom responsibility and a responsibility, as well as an accountability: That is the freedom to be who you are and not have to live up to someone else's standards: But also the accountability and responsibility- that you are responsible for your learning path; regardless of the circumstances. Use your teacher as a tool and use the tools you've been given.



Lesson 1

Next Lesson

Next Lesson 2 will be on learning styles. We'll discuss each of the learning styles as well as other learning theories. We will also do an assessment to discover your learning style that will help you determine how you learn best.

Well I'll see you in Lesson 2 Bye!

This presentation is protected by U.S. and International Copy Right Laws. Reproduction and distribution of this presentation without the written permission of sponsor is prohibited.

© 2020-2021 Innovator Training