

You're a Genius!

by Linda Sands

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Introduction

Welcome to *You're a Genius!*

This book came about as a response to the needs of students in China. Yang Lei, an English teacher and I, researched the kinds of skills students thought they would benefit from the most. The feedback we received was clear.

Students said they wanted help with all aspects of the learning process, including ways to improve their memory, boost confidence, deal with pressure, prepare well for exams and increase their energy. You will realise, as you read this book, that the aim is much broader than to just help you pass exams. These are skills for a lifetime of learning.

Our intention is to provide you with the tools to become skilled at any subject easily, quickly and excellently. We also aim to help you develop the self-assurance needed to achieve your dreams.



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你是一位天才！

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前言

欢迎阅读《你是一位天才》

本书是专门针对中国学生的需求写成的。动笔之前，我和我的朋友杨蕾（她在大学任教英语）共同进行了大量的调研，我们希望了解在莘莘学子心目中究竟渴望拥有哪些学习技能。从我们收回的反馈中看，学生们表达的观点十分明确。

学生们说，他们希望在学习过程中得到全方位的帮助，比如怎样增强记忆力，提升自信心，怎样应对压力，高效率备考以及如何做到精力充沛等等。在阅读本书的过程中，你会发现我们不仅要帮助大家顺利通过考试，我们的目标是教你终身学习所需的各项技能。

我们希望为读者提供学习工具，让大家在任何学科面前都感到驾轻就熟游刃有余。此外，我们还将致力于帮助读者建立起足够的自信心去实现自己的梦想。



Chapter 1 Skills for a Lifetime



Many students will be attracted to this book because they are looking for a way to maximize their potential for passing the next exams.

Although ***You're a Genius!*** can definitely help you with strategies for improving your results in tests and examinations, it has been designed to do much more than that.

You're a Genius! is for finding out more about who you are, including

- what excites and inspires you
- what your personal, unique learning style is
- how you want your future to be
- adjustments you need to make to get the results you want

Research shows us that almost 80% of students worldwide do not achieve the results they desire at school [*Accelerated Learning Techniques* – Brian Tracy with Colin Rose]. That's too many students who are not living up to their potential!

The main reason for it is that in the past, most educators were not taught about the way the brain works. Many standard teaching methods are the same now as they were decades ago. Consequently, they have been less than adequate for the struggling student who does not fit into the educational model employed.

It reminds me of this story;

A little girl was watching her mother prepare a fish for dinner. Her mother cut the head and tail off the fish and then placed it into the pan. The little girl asked her mother why she cut the head and tail off the fish. Her mother thought for a while and then said, "I've always done it that way - that's how grandma did it."

Not satisfied with that answer, the little girl went to visit her grandma to find out why she cut the head and tail off the fish before cooking it.

Grandma thought for a while and replied, "I don't know. My mother always did it that way." So the little girl and the grandma went to visit great grandma to ask if she knew the answer.

Great grandma thought for a while and said, "Because my pan was too small to fit in the whole fish".



Although our pan is small too, and scientists are still only scratching the surface when it comes to understanding the potential of our amazing brain, we

now have enough information to know that each person is unique when it comes to learning – in any context. This information is vitally important for each and every student, to enable you to go beyond any limiting beliefs about what you can achieve, both in and out of the classroom.

第一章 令你终身受用的技能

学生们选择阅读本书，希望寻找一种能帮助自己在下一门考试中出色发挥的方法。然而，提供学习方法，提高考试成绩不过是《你是一位天才》的部分写作初衷——这本中能为读者提供的情助远不止这些。

《你是一位天才》一书旨在帮助读者更加深入地了解自己，具体来说，即：

- 什么能激励你，令你感到兴奋
- 你具有哪些独特的学习风格
- 你希望自己拥有怎样的未来
- 为了实现目标你需要进行哪些调整

研究显示，全世界80%左右的学生最终未能实现他们在校期间的理想[详见《快速学习技巧》 – Brian Tracy with Colin Rose]，也就是说太多的学生没有发挥出他们的潜力。

造成这种情况的主要原因是由于过去有太多教育工作者并不理解大脑的工作原理。然而今天很多的标准教学法依然在沿袭着几十年前的传统。对于挣扎在现行教育模式下的学生们而言那些教育方法已经相当落后。

这让我想起了一个故事：

一个小女孩看到母亲晚饭做鱼，只见母亲先把鱼头和鱼尾剁掉再把鱼放进锅里。于是女孩问妈妈，为什么她要把鱼头和鱼尾剁掉，妈妈想了一会儿回答说：“我一直都是这样做鱼的——你外婆就是这么做的嘛。”

小女孩对母亲的回答并不满意，于是她来到外婆家向她询问为什么做鱼前她要把鱼头和鱼尾剁掉。

外婆想了一阵儿说：“我不清楚。我的妈妈就是这样做鱼的。”于是小女孩又和外婆一起来到曾祖母家里，向她请教。

曾祖母想了一会儿说：“因为我家的锅太小，放不下整条的鱼啊。”

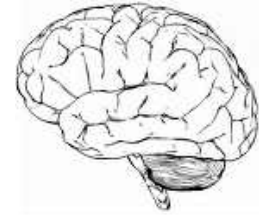
尽管我们的锅也还很小——

科学家目前对我们神奇的大脑潜力还只是略知皮毛，但仅从我们已经掌握的知识来看，无论何时何地，每个个体的学习情况都是独一无二的。清楚这一点对每位学生而言都极为重要，因为它将帮助你们突破对自身在学业和其它方面潜力的局限认识。

It is not possible for every student in a class to be stimulated by a limited method of presentation. Therefore some students will always be left unfulfilled and uncertain about what has just been taught. From here it can be a downward slide as the student tries to grasp the information, somehow stuff it into their memory and eventually search for the information again when they need it in the test or exam.

Does this sound like hard work? You bet!

Knowing how your brain works FOR YOU is very exciting because it makes learning so much easier. Do you believe it can even be fun? Imagine being inspired and stimulated to really 'go for it' and get the results you passionately desire.



And this doesn't just apply to school and university students. These days we recognise the desire and need for a lifetime of study. When you learn a particular subject, the information and knowledge you have about it eventually becomes obsolete. Knowing HOW to study, in your own unique way gives you skills you can use again and again, for the rest of your life.

Technology is constantly being improved and upgraded, so we have to move with the times and upskill in our work. In many places of employment, it is necessary to study to keep up with the company's growth or for promotion purposes.



Often, people are interested in starting their own business. This requires learning new skills and being open to new ideas. For people changing their career, which is happening much more frequently these days, the need for learning new and relevant skills is important too.

Many jobs and careers require a certain measure of 'people skills'. These abilities are essential when working with the public. A company's 'face' is dependant on the employees who take care of their customers and clients. If the customer feels respected, a sale will be more likely than if the customer doesn't feel valued. This has a ripple effect because whatever the customer experiences, will be passed on to others as feedback such as; "That's a great place to do business" or "I don't like the way they treated me. Don't go there."

Communication skills can be learnt. These range from gaining rapport quickly, to resolving conflict with solutions that meet everyone's needs. J. Rockefeller, who was one of the richest men in the world, once said "The ability to deal with people is as purchasable a commodity as sugar or tea, and I will pay more for that ability than any other under the sun."

And what about travelling overseas? We need to learn about cultural differences as well as the language. When a person is travelling for the purpose of doing business, they need to know the cultural differences of each country they're doing business with.



有限的授课方式不可能激起教室里每一位学生的兴趣，因而总会有一部分学生的求知欲无法得到满足，导致他们无法理解课上讲过的内容。这些学生只好把课堂内容硬塞进自己的脑袋，以便最终考试测验的时候能派上用场。学习成绩滑坡可能就是这样造成的。这些学生们是不是很辛苦？当然辛苦啊！

若能按照**最适合自己的方式**运作大脑该多么激动人心，因为那样学习可就变得轻松多了。你相不相信你甚至会觉得学习充满乐趣？憧憬一下，当你感觉倍受鼓舞与激励，大胆向前冲，实现自己梦寐以求的愿望时生活会变得多么美妙！

其实这不仅是大中学生的需要，因为我们每个人都拥有终身学习的愿望和需求。无论你学习任何一门学科，你掌握的那些知识与内容总有一天会变得过时。因此，只有懂得**如何**用自己特有的方式学习，才能为你提供不断更新的技能，令你终身受用。

技术在不断改进升级，因此我们必须与时俱进，不断提升自己的工作技能。在许多工作岗位上我们都需要不断学习，与公司共同成长或争取晋升的机会。

不少人还渴望自己创业，他们需要学习新的技能并接受新的观念。在跳槽现象频繁的今天，对准备更换工作的人们来说，学习新的相关技能也非常重要。

很多的岗位和职业需要一定程度的‘人际关系技能’。如果你在公共关系领域工作，这些技能更是至关重要。一个公司的‘形象’取决于他们为顾客或客户提供服务的员工的表现。当顾客感到受尊重时，就比顾客感到不受重视时更容易完成一笔销售。这还会形成一种涟漪效应，顾客会把自己的购买经历告诉其他人，如‘和他们做交易非常愉快’或者‘我很不喜欢他们的态度，别去那儿。’

交流技巧是可以学习获得的。这些技巧包括**迅速建立默契及如何**解决冲突才能满足各方不同需求等。洛克菲勒，全世界最富有的人之一，曾经致书说过：“与人交往的能力，和茶叶或糖一样都是可以购买的商品，而我愿意用比世界上一切商品更高的价格购买这种能力。”

出国旅行是否也需要学习呢？我们既需要学习语言，又需要了解各种文化差异。当人们为了做生意而前往世界各地时，他们需要学习贸易伙伴国家的不同文化。



On the home front, if you are planning to have a family, you will be involved in your child's education to some extent. Parents are a child's first teachers and a very important element in the way that child experiences the world around them. It could be enormously helpful for you to know about these learning skills so you can teach your child about their own uniqueness and how learning can be fun and easy.

Eric Hoffer [1898-1983 social writer] said "In times of change, the learners will inherit the Earth, while the educated find themselves beautifully equipped to deal with a world that no longer exists."

For people who are hungry to keep learning, life is an adventure. There are many benefits to continuing education, one of which is staying more vibrant and thus, more enjoyable to be around. Have you noticed when you put forward an idea to someone who is open minded, they seem to grab it, think about it and respond enthusiastically?

A closed mind has the opposite effect. People with views that are stuck in the past, who are unwilling to open up to new possibilities and ideas, are hard work to be around. When you put forward a new idea to someone who is closed minded, there is often resistance to the idea in some way. You may even feel dejected after you've talked to them and don't understand why. [And I'm sure all of us have been in both categories at different times]

With so much to learn and discover about life, our capabilities and everything around us, do you think it could be useful to have skills to make learning easier?

Good. Then read on.