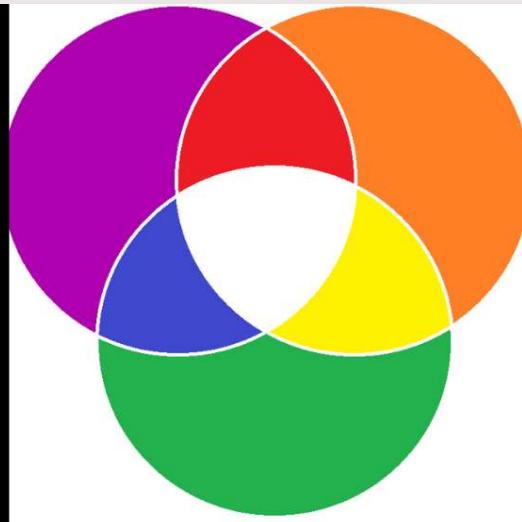


Learn To Learn:

AN INTRODUCTION TO THE TURBO LEARNER METHOD



**Unlock Your
Child's
Learning
Potential and
Unleash The
Genius Within**

**How To Optimize Your
Child's Natural Learning
Skills**

**PRAKASH V RAO
FOUNDER AND COACH
TURBOLEARNER.COM**

Table Of Contents

Chapter 1: Potential and Performance	2
Chapter 2: The Problem	4
Chapter 3: The Impact	8
Chapter 4: What People Generally Do	10
Chapter 5: Limitations of the General Solutions	14
Chapter 6: The Smart Alternative	15
Chapter 7: My Story	19
Chapter 8: Your Turn	21

Chapter 1: Potential and Performance



Imagine a huge rock sitting at the edge of a cliff or an escarpment. If that rock tipped over and hurtled down the vertical cliff face, it could wreak much damage. The energy with

which it could strike the ground can be calculated by $E = mgh$, i.e., E (energy) = m (mass) $\times g$ (gravitational acceleration) $\times h$ (height of the cliff face).

But that is all potential energy. That energy would never get released if the rock stayed put at the edge of the cliff forever.

There is much difference between potential and performance.

Your child has the potential to learn anything and be a genius. Almost every child has that potential - and I am also including borderline autistic children and children with mild learning disabilities in the mix. Very few children - approximately 2.5% or 1 child in 40 - realize that potential.

Why?

The simple answer is that every child is different. Every child has a unique brain, thinks differently, and, therefore, learns differently. But children are not taught differently, nor are they taught to understand and use their unique learning skills. Children struggle to learn because of a mismatch between their “natural” learning process and how they are taught.

I don’t blame the teachers: this is not a blame game. I respect teachers. My mother was one. However, teachers in the United States face several major challenges

- There is usually a poor teacher-student ratio, which means that teachers don’t have the bandwidth to focus on individual students.
- The “No Child Left Behind” rule forces teachers to make sure that the lower tranche of their students pass.
- In many school districts, teachers are evaluated against their performance in the standardized tests, so, in reality, teachers teach to the test from day one.
- The technological and safety challenges of the COVID-19 pandemic are taking away what limited time teachers have.

So, when parents feel that their children could do much better at school if only they could rise to their true potential, they are right. Children do not perform at their true potential.

Chapter 2: The Problem

Parents have wants and needs when it comes to their children. They need their children to have a quality education so that they succeed in life. This stems from a deeper need for assurance and peace of mind that when they are no longer around to come to their aid, they can still fend for themselves.

But they also want their children to be the trophies that they can proudly showcase to their peers. They want to be able to say, “My son, the mayor” or “My daughter, the doctor.” No one wants to say, “My child, the failure.” Parents need their children to succeed not only for the children’s sake but for their own (parents’) sake.

During the COVID pandemic, there have been other needs that surfaced. Parents have a need to balance personal and professional lives as they work from home and their children have some level of remote schooling – either totally remote or hybrid. They need to be able to help their children learn, to help their children reduce their stress and frustration, and to support them in every way that they can. And they don’t want their children to interrupt their work-related conference call with, “Mommy/Daddy, I don’t understand this stuff. Can you help me learn?”

How do you feel when your child is struggling to learn remotely or in a hybrid environment because of the COVID pandemic?

How do you feel when you have to add “teaching” to the already huge pile of hats you wear, and the role of “teacher” does not sit well with the role of “parent”?

How do you feel when your child’s education interferes with your working from home?

Are you frustrated? Stressed out? Overwhelmed? Angry?

As a parent, you want your child to not merely survive but thrive. You want to be able to give your child every advantage that will allow him/her to get ahead of peers, classmates, and, later, colleagues. Those peers, classmates and colleagues are friends, but human beings are fiercely competitive. Sometimes, it is a healthy competition between friends. Sometimes, it is quite cut-throat.

Let's face the truth: While we pretend that it is all "Kumbaya" and we are all friends, there are times when we don't allow friendship to come in the way of our desires. There are times when children fiercely compete with their best friends to get on that last seat on the debate team or the lead role in the school play or admission into the college of their dreams. As grown-ups, we compete to get the best jobs, the best assignments, the best sales territories, or bigger bonuses. We are friends – until the friendship gets in our way.

How do you get your child to thrive in such an environment? What advantages will allow your child to get to and stay in the lead position?

The biggest advantage is the ability to learn anything easily. Henry Adams said, "They know enough who know how to learn."

So, how do you get your child to be able to learn anything easily? What is holding your child back from being able to do so?

When you go to a doctor with a fever, he/she doesn't just treat the fever. The fever is just a symptom. The doctor checks to see if there is an underlying infection or disease that causes the fever. Yes, the doctor also gives you something for the fever, but that is generally in addition to any treatment required for the underlying problem.

Likewise, you may have a litany of "problems" relating to your child's education:

- Too easily distracted
- Disorganized
- Doesn't manage time well
- Doesn't complete assignments on time
- Gets poor grades
- Procrastinates, then pulls all-nighters to complete projects
- Spends more time on social media than on studies

And so on.

But these, as you can possibly guess, are only the symptoms. The real problem is that your child does not have a consistent process for learning any subject.

There is a process that will help your child learn any subject easily, effectively and efficiently. However, there is no one "universal" process that works for every child – one size does not fit all. Every child needs a unique, personalized process.

So, the real problem is that your child does not know the unique process which will help him/her realize his/her true learning potential.

Some children learn some subjects well out of a natural acumen, interest, or because the teacher is able to inspire, motivate or activate them. On these subjects, they are organized, manage time well, complete assignments on time and get good grades. They struggle to learn other subjects. On these, their actions, and results, are diametrically opposite.

Some children get some learning out of hard work, but mere “brute force” can only get them so far. They struggle to bridge that gap between “good enough” and “excellent”. These children spend an inordinate amount of time with paltry results.

Other children struggle and work hard but get poor results. Good grades remain out of their grasp.

And then there are the children who don’t work hard enough because they have given up or don’t care enough. They give up because they don’t believe that they could achieve good grades. Having seen poor results from either their own or vicarious experiences, they don’t see any point in working hard.

(I use the term “child” loosely: some middle-school, high-school and college freshmen will take umbrage at being called children, but at my age, even a 25-year-old is a child. My own children are in their twenties.)

Chapter 3: The Impact

President Woodrow Wilson was not known for his looks. He is credited with the following limerick:

*For beauty I am not a star,
There are others more perfect by far,
But my face I don't mind it,
For I am behind it,
It is those in front that I jar.*

Many children don't mind that they don't get good grades. It doesn't affect them as much as it jars others.

"What's the big deal?" they ask, "Who cares? It's only grades."

But people do care. Especially if this affects a child's ability to get a job, earn a decent salary and support a family. The impact of poor study habits and results – poor grades – can be felt on the parents, siblings and other people in the immediate social circle of the students with such habits.

What is the impact of poor study habits?

- Distractions, disorganization and poor time management cause every action to take much longer time and yield poor results. As Stephen Covey mentioned in his “7 Habits of Highly Effective People,” if you work on a task only when it is urgent, you don’t have the time to think things through. The result is something haphazardly put together and therefore incomplete and poorly done.
- When studying takes a long time, it eats into other activities including eating and sleeping. Irregular eating and sleeping leads to poor health, stress, and poor control of emotions including anger. This disrupts the harmony of the household and leads to friction between parents and children and/or between siblings.
- All of these lead to poor grades. The consequences of poor grades include fewer opportunities to get into good high schools, good colleges and good jobs. Parents get anxious when their children don’t have good prospects and are not settled in life.

What is the value of education? Derek Bok, the president of Harvard University, said, “If you think education is expensive, try ignorance.” And Benjamin Franklin said, “An investment in education pays the best interest.”

As parents, you would like your child to be able to take care of himself/herself when you are no longer around to help. You don’t want your child to be a millstone around your neck for the rest of your life. It is a poor parent, indeed, who clings to a child long after the child ought to be fledged for fear of “losing him/her.” And one of the first requirements to independence is the ability to understand a situation and decide what to do about it. This ability comes only with knowledge and experience, the first being taught in regular school and the second in the school of hard knocks.

But knowledge is more important than experience - it is not necessary to experience being burnt if you have the knowledge that fire burns. Human knowledge is built on the experiences of our ancestors. If you have to experience everything to know it, one lifetime is not enough to know enough to survive and thrive. That is why the formal learning we get from the school system is so important.

Chapter 4: What People Generally Do

When children fare poorly at studies, parents try many options.

The first is a very hands-on approach. The parents, or at least one parent, must interact with the child to know what was covered in school and what homework was assigned, and make sure that the homework is completed. The parent(s) must also set strict study schedules, designate a study area, ensure healthy nutrition (the brain works well with certain foods), manage screen time and make sure that bedtime is strictly followed. As you can imagine, this takes a lot of time and effort but gets great results.

The second is to judiciously use carrots and sticks - incentives and disincentives, or rewards and punishments. Good grades lead to more privileges, gifts, trips and indulgences; bad grades yield loss of privileges, being grounded, being denied gifts, trips and indulgences. This often backfires and creates rebellious or passive/aggressive behaviour.

When it comes to changing your child's behavior, it is important to remember Dale Carnegie's advice (*How to Win Friends and Influence People*): "There is only one way to get anybody to do anything. And that is by making the other person want to do it." While we cannot change somebody's mind, we can give them the opportunity to change their own mind. We cannot change someone's mind by attacking because when we attack, they dig in, and at that point in time, they stop listening to what we have to say. On the other hand, when we engage them in conversation, the longer we converse the more opportunities we have to say something of influence. During the conversation, we can bring their core values and contradicting behavior to fore without unduly stressing the contradiction: Let them see the contradiction and have the lightbulb moment.

The third is to assist the child with tutors in subjects that the child finds challenging. This is an expensive option and gives mixed results. The tutors often address only the symptom - the specific thing that the child does not understand - and miss the underlying issues.

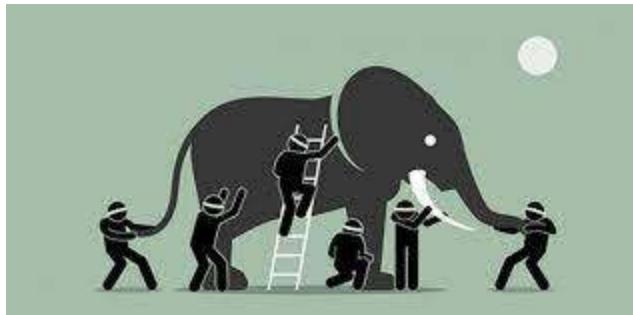
A related method is to use learning centers such as Kumon, Mathnasium, Eye-Level, Oxford Learning Centers, etc., to enhance reading and math skills through focussed repetition. This helps the child be better at verbal comprehension and at using processes to solve problems.

There are other "learn to learn" courses available for adults on Udemy, Coursera, The Teaching Company, etc. These are not readily usable by children because they depend on an underlying foundation of self-discipline. Parents may, however, take these courses and use the materials to help their children learn. However, it does take a lot of time and effort.

And there are specialists, experts in neuroscience, psychology, cognition, etc., who teach learning techniques pertinent to their area of specialization.

Let me tell you a story.

There were 5 blind men who tried to describe an elephant by touching it. Each only touch



ed a part of the elephant and described that part:

“It’s like a wall”, said the person who felt the flank.

“It’s like a rope”, said the one who felt the tail.

“It’s like a pillar”, said the one who felt a leg.

“It’s like a spear”, said the man who felt a tusk.

“It’s like a fan”, said the one who touched an ear.

Were they wrong?

Each was only partly right. They are not equipped to see the entire elephant. The true description of an elephant includes all these and more.

In the world of education, there are many schools of thought both on teaching and on learning. Each expert focuses his/her attention on one aspect - neuroscience, cognition and meta-cognition, behavioural psychology, learning style (visual, auditory, kinesthetic, verbal, logical, solitary, social), personality type, and biochemistry. Some focus on memorization and recall techniques, some focus on study habits, some on self-testing practices, some on note taking systems, etc.

Who is right?

They also are only partly right. What they are missing is the ability to see the entire picture. They are in a swimlane of their own perspective ... and cannot visualize the entire elephant.

Chapter 5: Limitations of the General Solutions

The major issue here is that unless the children know their own special learning skills, they will hit a point beyond which they cannot improve.

When the parent works with the child, all the parent can do is support the current way in which the child learns. If this way is not the best way for the child to learn, nothing the parent does can solve the problem.

When the parent tries to influence the child using incentives and disincentives, again, how well the child can do is still limited by the child's lack of understanding of his/her unique learning skills.

When the parents try tutors and training programs, it addresses the symptoms without addressing the underlying issue.

And when the parent tries the "learn to learn" courses, the main thing to understand here is that all these courses are generic, "one size fits all" courses. Unless the parent knows which techniques suit the child or knows how to customize the techniques to fit the child's needs, the child will not benefit from such training.

The one issue I find with most courses and tutoring services - they provide information. It takes coaching to provide *transformation*.

Chapter 6: The Smart Alternative

When working “harder” is not enough, the solution is to work “smarter”.



Let me tell you a story. There's an age-old story of two men walking along an African path, when they come across a lion. The first man calmly puts his backpack down and slips on the running shoes he's been carrying.

The second man laughs and says: “You'll never outrun a lion.”

To which the first man responds: “I don't need to outrun the lion, I just need to outrun you.”

What does this have to do with education?

When all your child's classmates are wearing - and running with - hiking shoes, if your child wears the right running shoes, he/she can outrun all of them.

Competition is fierce everywhere. For example:

- At the 2012 Olympics in London, Nathan Adrian won the gold in the men's 100 m freestyle swim by a mere 1/100th of a second!
- At the Italian Grand Prix in 1971, Peter Gethin won by 1/100th of a second.
- At the 1992 Olympics in Barcelona, Gail Devers won the 100 m sprint by the same 1/100th of a second.

In education, too, competition is tight. The way to beat the competition is to do something different. To study smarter.

The smart study method that we recommend is to identify the factors that indicate each child's unique learning process, assemble learning techniques that suit the child, coach the child in its use, and optimize it for the child. This method, the Turbo Learner Method, when tailored specially for your child, is the best method your child can use to learn.



Let me explain this method with an analogy. Imagine that a farmer stands in the middle of his field and merely tosses all his seeds into the air.

Some of those seeds may land on rocks or barren soil and not germinate.

Some of those seeds may just be blown away by the wind or carried away by water.

Even the few seeds that fall on fertile soil would not be spaced right and would compete for water and nutrients.

Only a few seeds would ultimately yield crops.



On the other hand, what the farmer does is very smart. He tills the soil, fertilizes it, and neatly plants the seeds in rows. He nurtures the saplings and makes sure that every seed grows.

Likewise, when the teacher merely scatters knowledge, some students pick it up easily, some with difficulty, and others not at all. On the other hand, if the students are prepared to learn, all knowledge takes root and bears fruit. The Turbo Learner Method prepares students to learn.

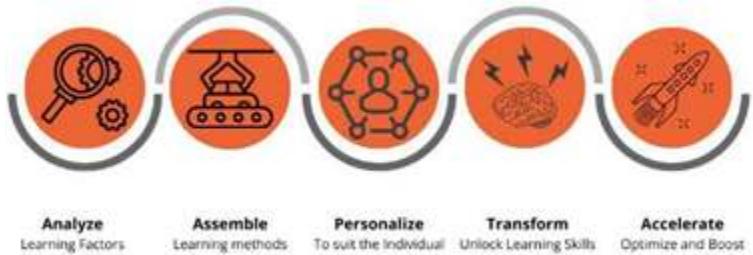
Let me add a few caveats to this. The Turbo Learner Method is not a silver bullet. It is not a tutoring program. It is not a test prep program. It is not a counselling program. It is a program to create a framework and a repeatable process that your child can use to learn anything easily. It will help your child be more productive and unlock his/her learning potential.

Can you imagine what it will do for you?

- One of the first modules in the program addresses distractions, disorganization and poor time management. With this, your child will be able to get things done quickly.
- The personalized learning program will help your child learn anything easily and effectively. This will make sure that your child has a regular sleep cycle and, therefore, less stress, anxiety, frustration and related health issues.
- Most of all, the personalized learning program will make your child able to confidently take on any test, get better grades and be able to get into the college of his/her choice. This will improve his/her prospects for a job and for a successful life. You can breathe a sigh of relief.

So, what does this program do? What is the Turbo Learner Method all about? It's about creating a personalized learning process to unlock your child's learning potential.

These are the steps I use to create a Personal Learning Process:



- I analyze the child's learning factors (there are 17 factors)
- I assemble a candidate learning process from a repertoire of learning strategies and techniques (I have about 100 learning techniques in my collection)
- I personalize the candidate learning process to suit the child
- I coach the child in how to use his/her personal learning process and transform him/her into a super learner
- I optimize the learning process and add special techniques to accelerate the learning process

Chapter 7: My Story

I mentioned earlier that children do not usually perform at their true potential.

I was such a child.

As long as I was in elementary school (or primary school as it is called in India), I was near the top of the class in almost every subject. I realize now that through those years, my mother, the principal of a school, sat with me as I worked on my homework or studied for tests, and helped me learn. When I got to sixth grade, my mother became busy with her school and with her Master's/Ph.D. program, and the teachers in middle school were not sympathetic. "You are no longer in elementary school," they seemed to say, "and so we will not coddle you. Grow up!"

My grades were abysmal. I struggled to learn but got nowhere.

My mother saw my predicament. While she could not spend the time to help me with my schoolwork, she did something better. In the spirit of "If you give a man a fish, he feeds for a day, but if you teach him to fish, he feeds for a lifetime," she taught me to learn. It was an experiment, and I was the guinea pig. It was a successful experiment, though. By the end of 8th grade, I was back near the top of the class. I graduated high school with a decent score and went on to complete an Honors Engineering program with Distinction (equivalent to summa cum laude). I obtained two Master's degrees after that.

My mother used the results of this experiment for her Ph.D. thesis and won the Commonwealth Association for Science, Technology and Mathematics Educators (CASTME) award in 1984 with this methodology.

After my mother retired in 2002, she spent her time visiting her children in the US and in India. In 2005, I convinced her to stay back and applied for her green card. While she was with me, we worked on improving the system to fit modern education research and to take into account the system of education in the US. We taught this method to my children. My older son graduated with a TRIPLE major - Mechanical Engineering, Physics and Computer Science. My younger son is a 4.0 GPA senior in college. I have taught other children with excellent results.

My original idea was to make this a coaching program that my mother could get some income from and live independently. However, she fell ill in 2013 and slowly deteriorated until she passed away in 2017. I launched Turbo Learner in her memory in 2018. It is the best way I can think of to celebrate her achievements.

Chapter 8: Your Turn

What will you do?

Status quo will only give you the same results as you have received in the past. If you want different results, you must be willing to get out of your comfort zone and try something different.

What kind of future do you imagine for your child? Bob Proctor, a very famous self-help guru, talks of aligning your purpose, your vision and your goals with your actions in order to get the results you desire.

When your purpose, vision and goals center on creating a better future for your child, what actions will you take? Which option will you choose - tutoring, test prep, counselling, generic study skills coaching, or the Turbo Learner Method?

There is always the question of the known devil versus the unknown angel. You don't know me and may argue that going with standard solutions - tutoring, test prep, and generic study skills - could get your child to be "better" at studies. Is that enough? Don't you want your child to be excellent, not just better? Don't you want your child to be far, far better than anyone else?

This method was the basis of a Ph.D. thesis. This method won the CASTME award in 1984 out of 200+ entries from 70+ countries. This method has allowed me to breeze through 3 degrees, my older son through 3 majors, and my younger son to be 4.0 GPA senior. This method will unlock your child's learning potential and unleash the genius within.

Is cost an issue? On average, a private tutor costs between \$25 and \$80 an hour. For SAT and test prep tutoring, prices start at \$45/hr and can go up to \$100/hr. And they last a long, long time.

Some institutions such as Hunting Learning Centers charge \$1220 per subject for 14 hours and \$2645 for 32 hours. Kumon charges \$150 per month and goes on for years. Sylvan charges about \$50 an hour but goes on for years. (these are rates I picked up from the internet)

So ultimately you will be spending more than \$10,000 every year on less-than-perfect methods to boost your child's education. And the Turbo Learner Method program is only 8 weeks long, gives you an exact framework that fits your child (tailor-made as opposed to "one size fits all"), for a one-time fee. The value of this system is more than \$15,000 but the fee is not even half of that figure. So, if you do the math, you will note that this program offers more for less cost. And there are payment plans to help.

My question to you is: What is stopping you? Why aren't you rushing to give your child an advantage when it comes to getting into the best high school, the best college or the best job?

Do make an appointment with me for a FREE strategy session at
<https://msgndr.com/widget/booking/iorEmhRcC9c6eAnIBDvR>.
Your children will thank you.

The Turbo Learner Method

A child learns best when his/her ability to learn aligns with his/her desire to learn and willingness to learn. Would you like to make your child ready, willing and able to learn to his/her potential?

Unlock Your Child's Learning Potential and
Unleash The Genius Inside!