

Hidden *Secrets* of a Super *Learner*

written by
BHOMICK SEN

ADHYAN BOOKS

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Hidden Secrets of a Super Learner

1st Edition

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Publication Date: August 2020

Price: ₹ 397 | \$ 7.99

ISBN: 978-81-947027-4-0

Published by:

Adhyyan Books

Office No. 637,

Opposite Vivanta by Taj,

DDA SFS. Pocket-1, Dwarka,

Sec-22, New Delhi-110077

Website: <http://adhyyanbooks.com>

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Dedication

I dedicate this book to You, The Reader.

*I would like to thank my family, who has been a formidable support all this while. Gratitude to the Universe and my Coach **Mr Ram Verma** without whom this book would not have been manifested.*

Special thanks to my friend Kunal Bagal.

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Book Testimonies

*“I would like to congratulate my student Bhomick on his well-written book which not only talks about the memory techniques but also shows us the way as to how one can have **an unbeatable mindset** which is very essential in today’s world. He is a **passionate Mentor** to students and always works towards bring the change in people’s (specially students and youngsters) lives.”*

Ram Verma

Most Experienced NLP Master Coach in India

Even though I know the author very well, but this review is not biased as it comes from my daughter with whom I shared these practical strategies and techniques explained in this book. Her reaction to these methods was mind blowing and she is the one who insists me to let us sit and study. Apart from it I completely recommend this book for every student who wants to tap the true potential of their mind and overcome the common challenges they face on day to Day basis.

Biren Patel

NLP Coach and a Stock Market Trader

I would like to congratulate Mr Bhomick Sen for this masterpiece, which he has written.

*One must agree that learning is something which is a lifelong phenomenon and in order to evolve regularly one must learn continuously. This book lays the emphasis on the fundamentals of learning and talks about how one can use **advanced strategies and techniques to learn effectively**. Today when most students perceive studies as pain, this book makes an effort to **eliminate that pain by making studies and learning more interesting**. I wish Bhomick all the best for the contribution he is making to the society by his workshops and now his book*

Arvind Singh

Co-ordinator, Deendayal Rashtriya Prashikshan

Mahaabhiyan, Bharatiya Janata Party

*It gives me immense pleasure and pride in introducing Bhomick Sen, the writer of this book, to the readers. I have personally witnessed **Bhomick spelling the magic on our students** through his powerful mentoring of several life skills. The **memory retention** in particular is a great topic that enables students to **learn faster in less time**. Bhomick brings great passion to pass on these important learnings. His latest venture, this book not only talks about memory techniques but also about the better nurturing of the mind. The strategies shared are totally actionable by students. A must-read for all students. Highly recommended.*

Priyadarshini Kachhwaha

Founder and Former Principal BVBV Pratapnagar,

Consultant - Suruchi Kendra (Cultural Wing of BVBV)

*We are all learners in life. But, are we all smart learners? Are we aware of the secrets of becoming a smart learner? Are we one step ahead of our peers in facing the challenges of student life? Are we knowledgeable about principles of learning? Are we getting results commensurate with the efforts we are putting in learning? All such questions and much more is to be found in the book titled “**Hidden secrets of a super learner**” written by a super learner himself Shri Bhomick Sen. The book is a treasure trove for students of all ages who can dip into it and enrichen themselves.*

Upma Srivastava

IAS, Additional Secretary. Ministry of Social Justice and Empowerment

*I have known Bhomick since 5+ years and truly admire the passion he brings to **groom people**, whether they are **corporates or students**. His approach to the workshops dedicated to students marks a holistic development leading to huge confidence building.*

I also recommended his Memory retention techniques to several students and its heartening to see student’s positive reactions to it.

I truly believe that channelizing our mind power is not an easy thing, and this book exactly focuses on fundamentals of memory techniques to improve memory greatly. Every student and people who struggle to remember things must read this!

Abhilasha Vyas

Director QA, Publicis Sapient

It gives me immense pleasure as well as pride in introducing Bhomick Sen, the writer of this book, to its readers. I have known Bhomick since his primary school days, and he has been one of my most dedicated students. In the course of last decade, he has molded himself as one of the best Motivational Speakers and an established Expert on Memory Boosting Techniques in the country, delivering various workshops on holistic development, confidence building, mind power etc. Now, he has accumulated all his practical experiences in this book, to reach a wider audience.

The book not only talks about memory improvement techniques, but also about the better nurturing of the mind. The strategies he has shared are 100% actionable and the illustrations stated have been picked up from the students' own lives. The contents of this book are logical and thought-provoking.

If students can use this book as a guide and learn the art of enhancing their memory, the labor that has gone into writing this book will be deemed amply rewarded.

In a nutshell, the book has been made broad-based in order to serve the needs of a wider section of students as the language used is lucid and according to the students' level of understanding. The book is up-to-date, dependable and a learner-friendly resource.

*Finally, I will say that this Book is a **MUST** for every individual, and I wish **Bhomick** all the very best in his future endeavors.*

NARENDER BATRA

Teaching English for 43 years (Since 1977), Ladder to Success, A-6/1, Paschim Vihar, New Delhi.

From Student's heart about this Book! *

This book tells us how we register the information in our brain in a way that it remains with us for a long period of time and can be recalled easily by will. The strategies told in this book are awesome and very much applicable on our syllabus and day to day life. Thank you so much Bhomick Sir, for this wisdom.

Rohan- Class X student

Thank you Bhomick sir, I particularly liked the chapter “**what kind of a learner are you**”, helped me understand the kind of a learner I am and thus studying with the same strategy. I can feel the difference and am astonished that I never ever realized that. Now I know my strengths and by studying in a specific way, I certainly achieve more. It helps me understand myself better and be a better learner. Amazing Stuff!!

Tanu – Class XI Student.

We have been listening since our childhood to study smart, but no one has taught us how exactly to do it? If we use our brain in the way it is told in the book, I am sure we can achieve more and better results with the same effort as we are doing now.

Akshi – Class VIII student

Extremely helpful and a MUST HAVE book for every student. Specifically, the strategies explained in this book to remember and **enhance vocabulary**, to remember **periodic table, reactivity series**, to remember **historical dates and current affairs dates** is super awesome. After learning these strategies, which are extremely simple to follow, I even applied it to other subjects as well. Thank you.

Sparsh – Class IX student.

Amazing techniques to make notes, and how to overcome distraction. After following the methods explained in this book, I am able to study **without getting distracted** and that has been the biggest take away for me. Effective note making saves me a lot of time.

Vidhi – Class X student

You are right sir, everyone talks about concentrating and focusing, but no one tells us how to? The way you have explained the secrets of concentration is wonderful and I make sure I study in that particular way where **concentration comes in automatically.**

Kush – Class X student

I really have become fan of the last section of this book which talks about practical problems we as students face and their **creative and innovative solutions.** The best part is that the solutions are not that difficult to implement, but with a bit of practice you can master those.

Aditi – Class XII Student

We need more books like this which tells us how to make maximum use of the unlimited capacity of our brain (which I got to know after reading and practicing the methodologies given in the book). Rightly said that the book does not ONLY talks about the memory techniques but also how to develop that **attitude and confidence.**

Shikha – 1st year student.

I think one must read the Last section of this book first as it provides the answers to the day to day challenges what we as a student face. Chapters that talk about **eliminating distractions**, beating the exam pressure, forming the new habits, and making them stay, **overcoming procrastination**, how to study smart are priceless.

Seema - Class XII student.

**The above students were given a free “author” copy of the book post my signature workshops.*

About the Book

“When the student is ready, the teacher arrives.”

Firstly, let me congratulate you for showing interest in your own success and being ready to learn as I look forward to communicate with you all through this marvelous book, which brings the most powerful tools of academic success and mind power mastery in your hands.

Whether you are a student who struggles to go hand in hand with studies or a student who wants to outscore and outperform, this book is for you which will reveal to you the **advanced study techniques, success mindset & exam-related powerful strategies** that will transform you into a **Super learner**.

Looking at today’s competitive world, the most worried group of people are parents and students. Parents are also letting no stone unturned to make their kids successful. But somewhere in this pursuit to reach the destination, we seem to lose sight of the journey which also deserves to be enjoyed thoroughly.

Also, in this journey, we must acknowledge the challenges faced by a majority of students, which are usually ignored and can be fatal. Based on my interaction with over 2000 students, the most common challenges these folks face can be attributed to memorizing and retaining their course content. Selective interest in various subjects, Poor Time Management, Procrastination, comparing self to others, distractions and most important of all, experiencing a brain-freeze in the examination hall under stress. And yes, how can we forget the pressure created around, especially in the first quarter of every year?

In lieu of the above, things can be really hard for a modern-day student. We have not addressed these problems and expect our kids to deliver to their best. It is like you have a pebble in your shoe and I ask you to run. No doubt you will be able to run, but it will leave your foot injured badly.

For over a decade, upon working closely with students, parents and teachers, I have put all my teachings, experiences, and case studies in the form of this book. One thing is for sure, to be successful, it is not just a matter of hard work or studying tirelessly under pressure, there is definitely a clue or two that we miss. Unfortunately, most students do not understand that however hard you try, if you are working against the **principles of learning**, the road to success will be a tough one.

Just imagine, how would your life be if you could memorize and remember information easily, quickly, and effectively? This book will serve as a handbook providing you with a set of powerful memory-enhancing skills that will allow you to take control of your **learning and your life**. These memory techniques require you to think differently than you are used to. You will not get different results by doing the same things again and again in the same manner.

Believe me; there are scientific ways which if students adopt along with the principles of learning, the road to success will not be a tough one. In this Book “**The Hidden Secrets of a Super Learner**” will not only cover how to memorize the topics from your syllabus - like Periodic Table, Numbers, **History dates, Vocabulary**, Name of Countries and their capitals, etc. but also will give you power booster principles to **10X your mental performance**. It lets you know **what kind of learner you are!** This is extremely important as you will choose the **Learning Strategy**, which suits your **Learning Style**. This book will tell you both “**What to do**” and “**How to do**”.

Dear reader, you now have in your hand the most **holistic book** written on mind and memory based on my experience of over a decade in which you will uncover the secrets of a super learner. I have tried my best to make sure that there is a **Superpower take away** for you from

each of the chapters. It is up to you to use and apply these principles because knowledge is nothing without putting it into action.

All the Best! I will be keen to hear from you in my email about your experiences.

The great breakthrough in your life comes when you realize that you can learn anything you need to learn to accomplish any goal that you set for yourself. This means there are no limits on what you can be, have, or do.

~Brian Tracy

How to read this book

This is not a textbook, but a nicely customized step-by-step guide to being a super learner. It includes four sections, each section having its own purpose and relevance. I have tried my best to make sure that there is a **Superpower take away** for you from each of the chapters, whether it is from the memory technique perspective or strengthening your mind power.

Section 1

This section talks about the basics of memory - how it is created, the superpower your brain possesses and unfolding some myths. One of the most important chapters in this section talks about your learning style and helps you understand what kind of a learner you are. Now imagine, if you understand the type of learner you are, won't you be studying in a specific way to suit your style and get maximum output by giving minimum?

Section 2

This section talks about the secrets of the most famous buzzwords **Concentration** and Focus. It will talk about what these are and how to achieve the 100% concentration state. Also, it talks in detail about the most powerful techniques which are based on the Principles of Learnings. And for those of you who struggle with spellings, we have some excellent strategies for you too.

Section 3

This section is more about the practical implementation and practice around the techniques we learnt in section 2. It takes some practical use cases from your day-to-day syllabus like enhancing vocabulary, remembering dates, periodic table, countries and capitals, reactive series, etc. This is where you will be encouraged to apply the strategies learnt in section 2 to your entire curriculum.

Section 4

As I stated earlier, this book is not only limited to memory techniques but also caters to your mind and mental power. This section covers some strategies around developing an unbeatable mindset, increasing your productivity 10x by covering the topics like **forming good habits, handling exam pressure, overcoming worrying and overthinking, etc.**

So, what are we waiting for? Let us embark on this journey to be a Super-learner.

Chapter 31

7 Effective Ways to Deal with the EXAM PRESSURE

The pressure to perform well in the exams is immense throughout the year, and one can feel the maximum heat in the first quarter of the year, which leads to the Board exams. In recent times this pressure to perform well has really taken a toll on our youngsters/students which can be backed by the fact that the cases of depressive episodes, anxiety, stress and in extreme cases resorting to suicide has only increased. And to add to that, there is parental and peer pressure which only spoils it further! I feel pity when I hear that a student who studied so hard throughout the year experienced a complete blackout in the exam hall. During the cricket world cup 2011, India's mental conditioning coach said, **"The team that wins the world cup, is not the one that doesn't panic... it's the one that panics the least."**

Hence, it is imperative that we understand the strategies to panic the least to accomplish our goals. Following are

a few strategies to deal with this pressure nuisance not only in the exam hall but whenever you face a tough time. I personally have applied these strategies to myself and thousands of students with positive results:

- 1. Understand Your Learning Style:** I have explained in one of the chapters in Section 1 regarding the type of learner you are. Go through it again, understand your style and develop a studying strategy for yourself. This way, you will be able to gain more with less effort.
- 2. Diet:** One common mistake which most students do is to cut down on food and water intake due to stress and anxiety. Exams or no exams, pressure or no pressure, this is the worst thing to do at any time of the year. Your brain and body need nourishment and all the nutrients in order to keep it working properly. In fact, one must increase water, fruits intake during the exam time and make sure that you have a balanced diet.
- 3. A Bigger Picture:** It is important to remind yourself that this exam is just a part of your beautiful life and not a do or die situation. It is not like the world will end if you do not do well in these exams. But having said that, do not be too reluctant that you stop studying only! Be responsible and committed to qualitative learning.
- 4. Do not Compare:** It will be foolish to compare a rose and a lotus to access which flower is better as both of them have their unique qualities, texture and

beauty. Similarly, do remember, you are unique. I was an average student throughout my life, but today I am giving mindset coaching to the folks who were always amongst the top five in their schools/colleges. Not boasting here but trying to lay stress on the point that everyone has been gifted with some strengths, it is up to us that we either identify and use it or keep comparing ourselves and lose it! Self-love is the best thing you can do to yourself.

5. **Examination Day and A Day Before:** Alright, here we come to the topic which must be close to everyone's heart. How to beat the anxiety/stress around the exam day and in the examination hall? Wouldn't it be nice if you remain in a confident, peaceful and joyful state a day before the exam and in the examination hall? Wouldn't it be nice if the very thought of appearing in an unknown examination hall stops bothering you, and you rather look forward to it? I can see the smile on your face already by thinking about it. In one of the upcoming chapters, we will be learning this amazing NLP (Neuro-Linguistic Programming) Technique called Circle of confidence which will make it a reality.
6. **Breathe and Sleep:** We understand the importance of breathing now and have learnt a few effective breathing exercises in the previous chapter. Also, we do acknowledge the fact that the brain works so hard to maintain all the processes in the body, it certainly deserves some rest. Your body gets healed while you

sleep, and all the energy reservoirs get recharged to be in action again.

7. **Banish Negative thoughts:** Well, this one is tricky to start with. Our mind has a modality that whatever you resist, it persists. So, if you try hard not to think negative, your mind will tend to think negative. For those who do not believe me, try closing your eyes and do not think of an Elephant. Open your eyes and answer yourself, what did you see? Of course, an elephant. The best way to get rid of negative thoughts is to listen to the positive affirmations. There are many student affirmations available on YouTube. You can select the one which you find soothing and effective.

Pro Tip: Chewing gum before an exam can help you stay distracted if you are feeling nervous.

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending”

- Maria Robinson