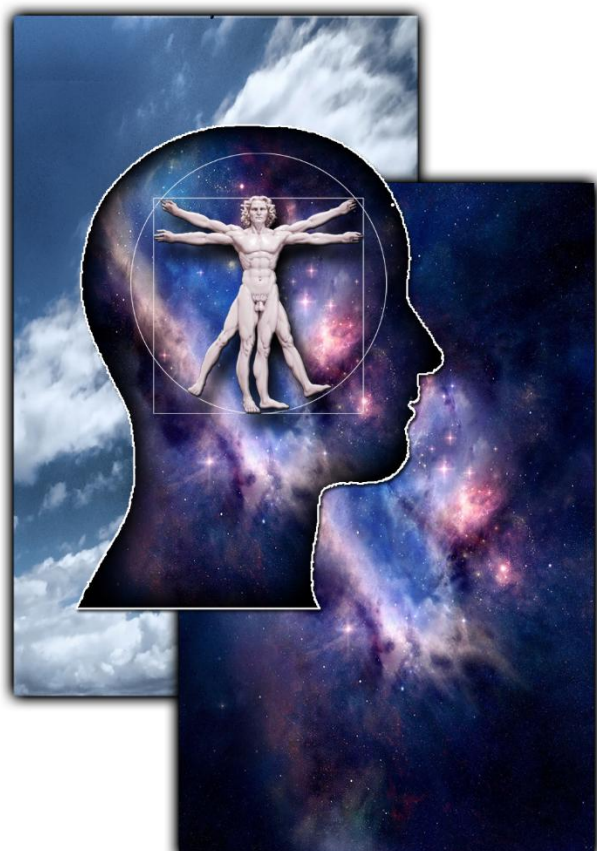


INFORMATION BOOKLET



Increase Your Memory & Mind Speed

PLASTIC 21

Study Course

Paul Raath – Course Director

Study courses

Many study courses have been designed and presented in an attempt to make life easier for the student. Therefore, it is not with prejudice that we acknowledge a few good courses having been developed and presented with great success. It is, however, relevant that when looking at study course material, a few facts have to be taken into consideration before it can be presented to the student population.

In the same way, as the curriculum is worked out for different levels of education, the same would apply for working out study courses. What we are saying is that a study course suitable for a grade 4 student could not be in the same category as that given to a grade 10 or 12 students, and vice versa. However many of the courses advertised, and ending up in many student homes, are presented as a course that can be used by all levels and age groups.

Measures of understanding and readability

In linguistics, the Gunning fog index measures the readability of English writing. The index estimates the years of formal education needed to understand the text on a first reading. A fog index of 12 requires the reading level of a U.S. high school senior (around 18 years old). The test was developed by Robert Gunning, an American businessman, in 1952. The fog index is commonly used to confirm that text can be read easily by the intended audience. Texts for a wide audience generally need a fog index less than 12.

About the PLASTIC 21 course

Our Gunning FOG index is designed for grade 10 upwards to university and beyond.

Further, we train the student by making use of natural techniques to invoke the Alpha waves of the brain, to increase from the normal rate of 8 to 10 to 15 and even 17 waves per second. What this means, is that the memory is enhanced by about 70% and concentration is effective immediately.

This is where we excel by making use of memory training, mind filing, and recall techniques with a backup system of mind mapping. In conclusion, the student is taught the art of presentations for those unexpected questions when limited time is given for the preparation of answers. The techniques taught are first, elementary in principle with a minimum of text pages and by following the audio programs, memory enhancement occurs spontaneously without effort - taking the student to heights never thought possible. Secondly, it is easily understood and 100% effective within one month from starting. Thirdly, high standards of acceptability within the educational and psychological fields are reached.

The course has been compiled in such a way to make your studies an enjoyable experience and provide you with the gift of improving your memory beyond your wildest dreams. It leads you through a series of easy to follow exercises, which take place spontaneously without any effort, and by following the tips provided; your study time is reduced dramatically, giving a balance between study and other activities.

As several elements are needed for a successful study, our course looks into all the areas required to assist the student and equip him/her for the task ahead. No other course is in existence that equips the student with such vast information, yet, information already contained within the scope of the student's abilities. Getting back to basics will surely help even the top students perform even better. Read, make notes, revise, concentrate, relax - body - mind - and eyes, think, assess, plan, and execute. All the elements needed - so what is new?

Why the Course is named PLASTIC 21

What is meant by the word “plastic”? We need only look at the many uses of this wonder material known as Plastic to understand how versatile it is. Plastic can be molded or shaped into any form and made to last a lifetime.

In the terminology of Neuroanatomists, the Brain is referred to as the “Plastic Organ”, which is designed to expand its capabilities, depending on the demands we place on it.

“PLASTIC” is the acronym for “**P**lanned **L**earning **A**nd **S**tudy **T**echnique **I**n **C**ohesion”. Taken from the Collins Cobuild Essential English Dictionary, it means: “A way of achieving results by obtaining knowledge of facts, whilst spending time learning something using a particular method, in which all the parts fit together and form a united whole”. The number 21 indicates that the course has been designed for the 21st Century.

The course has been constructed as follows:

E-Book one. 52 pages of study techniques, time schedules, correct note-taking, the brain, tips and tricks, and many other informative issues about studying.

E-Book two. 27 pages relating to the exercise sessions.

Printing of two Pages from ebook two. - ‘Sequence and Time Frames’ (page 11) and ‘Semester Subjects’ (page 16) which are explained in detail in session 4.

9 Audio instruction files referring to sessions and other aspects of the course.

6 Audio exercise sessions as explained in the printout from the instruction audio 4, referring to the ‘Sequence and Time Frames’ in eBook 2.

The crux of the course is in the presentation of the 6 audio exercise sessions which are broken up as follows:

Session 1 - Sensory exercise. Session 2 - Relax exercise. Session 3 - Desensitization exercise.

Session 5 - Memory Enhancement while studying. Session 6 - Memory Enhancement Advanced, and Session 7 - Memory Recall.

Session 4 is not part of the exercise sessions above it is, however, an explanation of the two printouts to be made from e-book 2.

Sessions 3, 5, 6, and 7 are repetitive sessions that can be achieved without a problem and become spontaneous. It must be noted that there is nothing to learn and the student becomes a master at studying and recalling studied information within one month, providing the course is followed to the letter.

Our two e-books along with sessions 1, 2, 3 and 4 can be downloaded as a Gift from the Institute of Study Science and Technology without any obligation from our website:

<https://thebeststudycourse.com> found on our landing page under the heading: ‘Free sessions and e-books’

The three final Sessions 5, 6 and 7 can be purchased from our website at a minimal cost of USD 35, under the heading ‘Buy’.

The Shocking Truth – 80% of students attend University for the ‘FUN’. 20% because they are serious, and only half of those aim to excel in life.

If you don't believe the above statement, then why are the numbers of cum laude students so low?

Take a look at the insert below, and judge for yourself.



Average people would rather be entertained than educated. Rich people would rather be educated than entertained.

While the rich don't put much stock in furthering wealth through formal education, they appreciate the power of learning long after college is over, Siebold says. "Walk into a wealthy person's home and one of the first things you'll see is an extensive library of books they've used to educate themselves on how to become more successful," he writes. "The middle class reads novels, tabloids, and entertainment magazines."

AUTHOR: Mandi Woodruff

Mandi edited the personal finance vertical for Business Insider until October 2013. Before joining BI, she covered breaking legal news for Law360.com, was a research editor at Reader's Digest, and reported on education in her home state of Georgia.

Her work has appeared in Yahoo! Finance, Daily Finance, The Wall Street Journal, The Fiscal Times, The Christian Science Monitor, and the Financial Times, among others.

This article was sourced from www.businessinsider.com

Questions and Answers

- **Q** – Is this course only designed for students who have completed a grade 10 certificate?

A – The study course has been designed for students of a more senior level of understanding, so the answer is YES, but up to a point, as the course has a Gunning Fog index of 10, and therefore the readability and understanding are aimed towards the more senior student. **However, junior students from grade 8, will also benefit from the e-books and with a little assistance from the parents, students from grade 7.**

- **Q** – How long has this course been in circulation?

A – This course has been presented at the classroom level since the '90s with great success, but is only recently, for the first time presented via the Internet without restricted selection.

- **Q** – Is it true that students have increased their average marks by about 20%?

A - Yes, and in some cases by much more depending upon the dedication shown towards their studies. Cum Laude results are obtained in most cases with most subjects.

- **Q** – Is there a lot of material that has to be learned to be able to use this course?

A – No, most is done on audio, and if followed properly, the actions expected, happens spontaneously through NLP (Neuro-Linguistic Programming) The second part of the course consists of material to help the student, giving a better understanding of the different processes that the body goes through. The second part also gives exercises assisting the student in various ways, and are mostly nice to know facts.

- **Q** – Is the technique of NLP safe to use?

A – Yes, NLP technology has been in use since the 1970s, but mostly for other purposes, and was seldom used purely for study improvement. It has been in existence for many years but was called by different names and techniques.

- **Q** – Is this type of technology used in all the other study courses on the market?

A – No it is not, as the art used in this technique is highly specialized and takes a while to master, but is mostly accomplished within a month and used with success within this period. It is, however, being used more and more as the technique of NLP is becoming more widely used and its results more known.

NEURO LINGUISTIC PROGRAMMING AND LEARNING



- **Richard Bandler**, co-developer of NLP says: 'He who hesitates.....waits....and waits....and waits". This is one of the main barriers to learning.

- "If only all teachers taught properly. If only they taught not just history, maths, literature, or whatever, but also how to study history, maths, literature.... But they so often seem to take that side of things for granted, as if it were simply a matter of common sense ." **The Readers Digest on "How to Write and Speak Better"**

Having researched the field of study technology for many years concentrating on the development of proper study methods, we wish to invite you to examine our study course at

<http://thebeststudycourse.com>

No other course is in existence with the same format and ease of understanding, guiding the student through aspects needed in also becoming a "top performer", and like many other students who attended this course. The course consists of NLP (Neuro-Linguistic Programming) which has over the years been the "new technology" of mind/body training. Also, the student is taught various techniques as well as information relating to "nice to know" facts about the brain, areas of related study interests, and tips not revealed in any other course.



What can be accomplished with dedication?

What is NLP?

Neuro Linguistic Programming –

NLP started in the early seventies primarily as the study of excellence in Human Behavior. The initial question was about how to understand the difference between somebody competent about something and someone who can excel at something.

The study of Subjective Reality and the Modelling of Excellence opened up a new doorway into human possibilities. Two men are at the forefront of the initial studies which has since blossomed into thousands of skilled students and practitioners all across the world. The first two were John Grinder a Linguistics Professor and Richard Bandler, a mathematician, musician, and Computer Scientist.

That first question on excellence was the studies of people who were known to operate in excellent ways, such as Milton Erickson, Virginia Satir, and Fritz Perls - all of which were recognized for their pivotal knowledge and excellence in the field of therapy.

Those studies opened the doorway to discovering their Internal Representations engendered a model to understand how we as humans perceive the world, how we organize our thinking, feeling, skills, and behaviors.

These initial studies have in many ways changed the way new possibilities for how we can more effectively understand people in every area. Areas including Therapy, Business, Sports, Learning, Relationships, and Life.

The 'Neuro' acknowledges the fact that we process information about the world neurologically, using the brain and the nervous system, through our five senses: sight, hearing, touch, taste, and smell.

'Linguistic' refers to the verbal language that we use to communicate with each other both intrinsically and extrinsically with our internal thoughts and our external 'body language'.

'Programming' relates to the 'programs' or patterns of behavior we all demonstrate: it's the internal yet unconscious strategy that we use as we organize our thoughts and our behaviors in producing our outcomes.

NLP is about how we work as a whole new paradigm of thinking. It is about helping people make an effective and empowering change and to enhance peak states of performance. It is a set of guiding principles, attitudes, knowledge, skills, techniques, and a sort of magic in how greatly it enhances our human possibilities.

NLP offers you some of the most powerful communication skills available. Much of our success in life depends on our ability to communicate effectively to others and within ourselves.

NLP provides a beacon light that can enable you to uncover, change, and transform old behaviors and present interferences into new and resourceful beliefs and successful behaviors. It can move you to make positive and far-reaching changes that will affect your life in positive ways and can usually do it more quickly and elegantly than almost anything else has been able to do.

NLP is built around the idea that all thought, belief, and behavior is inseparable from our neurology (Neuro). The way we recognize it and stabilize it is with language (Linguistics) and the internal strategies we use, the sequence of mind/body events is the (Programming). Learning and knowing how this works for you and others gives you a set of immensely priceless and powerful tools for more effective and precise outcomes.

The human brain and the body are inseparable and operate very much like a mega-computer. Using information that is programmed into it through life experiences and the adapted behaviors created in each moment, it will operate or react with the same adapted responses until the original programming is replaced.

It is widely known that the majority of all our dominant programming has already happened in the formative years of 0 to 6 years old. Although we don't want to believe that we are operating on automatic and that we are so directed and controlled by earlier programming, denying it doesn't make it not so.

Unfortunately, we didn't come with an owner's manual at birth so we don't know how we operate. For the most part, we operate out of a "consensus trance" like reality and without taking determined and courageous steps to understand it. We go on thinking and acting in the same old programmed behaviors throughout our lives and believe that it is "just the way I am".

We are often told that our brain is the most amazing computer on the planet, but nobody ever gave us an instruction manual on how to use it. The good news is that Neuro-Linguistic Programming was created as a set of tools (software for the mind/body) to update our data and to be able to move toward a truly conscious life with far more excellence and satisfaction that would happen otherwise.

NLP offers the tools to make excellence and more satisfying behaviors easily attainable. It can happen by modeling, detailing, and replicating areas where you are achieving excellence or have satisfying behaviors. Or if someone else is achieving excellence or satisfying behaviors, then it can be modeled, detailed, replicated, and enjoyed by you.

Meditation

Let us look at the word MEDITATE. It means to “exercise the mind, plan mentally, contemplate, consider, reflect, calculate, ponder over, and be lost in thought”

Millions of people practice the art of “meditation” without really knowing how to do it. Some view meditation as a religious obligation but don’t know why. Others meditate to escape the pressures of day to day lives. The book “Future Shock” by Alvin Toffler explains that the speed of life was accelerating so fast, it was inducing a shock effect on people. The prophet Daniel foretold this: “...many will run to and fro and knowledge will be increased.” (Daniel 12:4) People no longer have time to think. Knowledge is increasing daily by leaps and bounds.

People a hundred years ago used grammar and vocabulary greatly exceeding to-days standards. There weren’t computers, cell-phones, and technology in those days where none sensible words were uttered between persons – the teenagers of today text each other with nothing constructive to say. Previous generations read and thought a lot more, sometimes barely educated - their eloquence rivals to-days top speechwriters.

God foresaw these things ‘in the last days’ which is why He inspired King David to write about the need to meditate.

Psalms 8:3 illustrates this – “When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained, what is a man that You are mindful of him? And the son of man, that You visit him.” Meditation is key to proper Bible Study. When our ways please Him, He gives us understanding by opening our eyes.

Only a fool prays about things as they come to mind. Meditation is no different. It is not daydreaming. If you are Spirit-led, truly converted, the Holy Spirit will lead you. God will guide your thoughts.

Many approach life, whether prayer or what they think about, like internet surfing. Three old Hebrew words: MEDITATE, CONSIDER, MUSE: “...to ponder, imagine, meditate, converse with oneself, declare to oneself, to separate or distinguish mentally...”. Meditation is not just a collection of thoughts, but rather separating them and distinguishing them one from another.

Proverbs 15:28 says: “The heart of the righteous studies to answer: but the mouth of the wicked pours out evil things.”

Strong’s Exhaustive Concordance: “...to be of interest, to concern, to take care of, revolve in the mind...”

The Free Dictionary: “To think or reflect, especially calmly and deliberately. To plan in the mind, intend.”

Webster’s 1913 Dictionary: “To keep the mind in a state of contemplation; to dwell on anything in thought...”

Webster’s 1913 Dictionary: “To consider; ponder; weigh; revolve; study;”

Christians receive their strength, guidance, and salvation from God. King David knew this, and expressed: “Let the words of my mouth, and the meditation of my heart, be acceptable in Your sight, O Lord, my strength and my redeemer.” (Psalm 19:24)

Trance

(Gr. ekstasis, from which the word "ecstasy" is derived) denotes the state of one who is "out of himself." Such were the trances of Peter and Paul, Acts 10:10; 11:5; 22:17, ecstasies, "a preternatural, absorbed state of mind preparing for the reception of the vision", (Compare 2 Corinthians 12:1-4). In Mark 5:42 and Luke 5:26 the Greek word is rendered "astonishment," "amazement" (Compare Mark 16:8; Acts 3:10).

Acts 10:10-16 New International Version (NIV)

¹⁰ He became hungry and wanted something to eat, and while the meal was being prepared, he fell into a trance. ¹¹ He saw heaven opened and something like a large sheet being let down to earth by its four corners. ¹² It contained all kinds of four-footed animals, as well as reptiles and birds. ¹³ Then a voice told him, "Get up, Peter. Kill and eat."

Acts 11:5 New International Version (NIV)

⁵ "I was in the city of Joppa praying, and in a trance, I saw a vision. I saw something like a large sheet being let down from heaven by its four corners, and it came down to where I was.

Acts 22:17 New International Version (NIV)

¹⁷ "When I returned to Jerusalem and was praying at the temple, I fell into a trance

2 Corinthians 12:1-4

¹ I must go on boasting. Although there is nothing to be gained, I will go on to visions and revelations from the Lord. ² I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. ³ And I know that this man—whether in the body or apart from the body I do not know, but God knows—⁴ was caught up to paradise and heard inexpressible things, things that no one is permitted to tell.

ECSTATIC TRANCE: "An ecstatic trance is often associated with intense [meditation](#)."

[What is ECSTATIC TRANCE? definition of ECSTATIC TRANCE \(Psychology Dictionary\)](#)

MEDITATION is considered an exercise during which the individual enters an extended state of contemplation and reflection over a specific subject or their general existence, sometimes to attain a differing state of consciousness.

Personal Time Survey

The following survey shows the amount of time you spend on various activities. When taking the survey, estimate the amount of time spent on each item. Once you have this amount, multiply it by seven. This will give you the total time spent on the activity in one week. After each item's weekly time has been calculated, add all these times for the total.

1. Number of hours of sleep each night ____ X 7 = ____
2. Number of grooming hours per day ____ X 7 = ____
3. Number of hours for meals/snacks per day - include preparation time ____ X 7 = ____
- 4a. Total travel time weekdays ____ X 5 = ____
- 4b. Total travel time weekends ____
5. Number of hours per week for regularly scheduled functions (clubs, church, get-togethers, etc.) ____
6. Number of hours per day for chores, errands, extra grooming, etc. ____ X 7 = ____
7. Number of hours of work per week (part-time) ____
8. Number of hours in class per week ____
9. The number of average hours per week socializing, dates, etc. Be honest! ____

Add the totals: ____

Subtract the above number from 168 (hours in a week)

168 - ____ = ____

The remaining hours are the hours you have allocated yourself to study.

Study Hour Formula

For example, basket weaving 101 is a relatively easy 3-hour course. Usually, a person would not do more than 6 hours of work outside of class per week. Advanced calculus is usually considered a difficult course, so it might be best to study the proposed 12 hours a week. If more hours are needed, take away some hours from easier courses, i.e., basket weaving. Figure out the time that you need to study by using the above formula for each of your classes.

Easy class credit hours

_____ X 2 = _____

Average class credit hours

_____ X 3 = _____

Difficult class credit hours

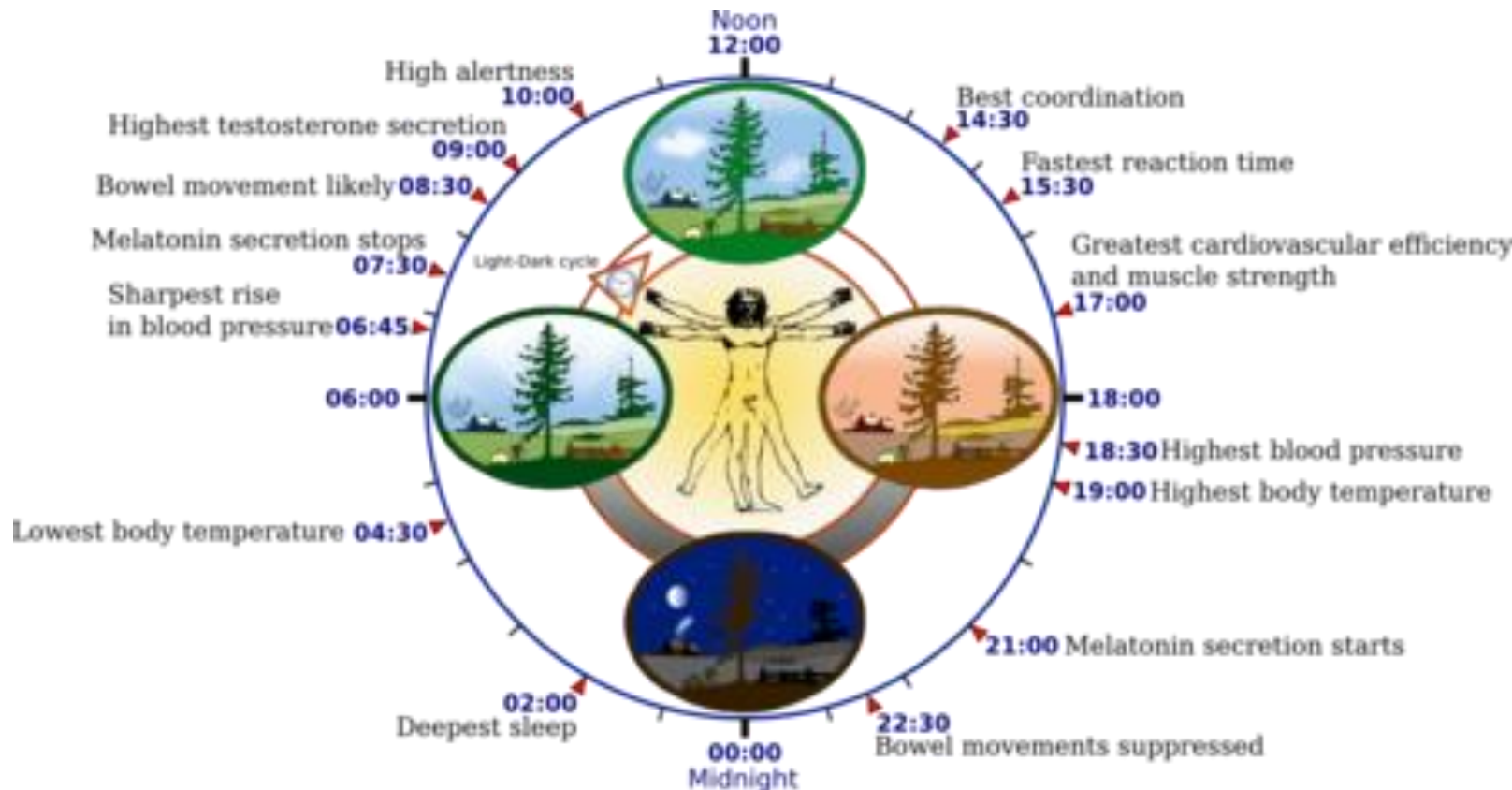
_____ X 4 = _____

Total _____

Compare this number to your time left from the survey. Now is the time when many students might find themselves a bit stressed. Just a note to ease your anxieties. It is not only the quantity of study time but also its quality. This formula is a general guideline. Try it for a week, and make adjustments as needed.

When to study

The problem of when to study is critical. Last-minute studying just before a class is usually a waste of time.



When should you study and do your homework

There are at least two good reasons to do your homework as soon as possible and not put it off till the evening when it's not daylight (although you should certainly take a break between the end of the educational day and before starting your homework/study time): Keep in mind your time management program.

It's better to get it done and over with and to leave yourself enough time to do it all. If you put it off, you may find that you have an assignment or two that are going to take you a lot longer than you thought they would. If you start early and get your work done before you relax, you'll have enough time for even those hard assignments. You're more awake during the daytime or after relaxing for, say, an hour or so after classes end, than you will be at the end of the day just before going to sleep.

Sequence and Time Frames of the PLASTIC 21 Course

DAY 1

Session 1 x 1 SENSORY EXERCISE (DAY 1 ONLY)

DAY 2 TO 4

Session 2 x 1 RELAX EXERCISE (DAY 2 ONLY)

Session 3 x 3 DESENSITISATION (DAY 2, DAY 3, DAY 4)

Session 4 x 1 MIND FILING (DAY 4)

DAY 5 TO 11

Session 5 x 3 MEMORY ENHANCEMENT (PRELIMINARY) (DAY 5, DAY 6, DAY 7)

Session 6 x 2 MEMORY ENHANCEMENT (ADVANCED) (DAY 8, DAY 9)

Session 7 x 2 MEMORY RECALL (DAY 10, DAY 11)

DAY 12

Session 8 MIND MAPPING (DAY 12)

Session 9 PRESENTATION (DAY 12)

Prepare a list of all the subjects you will study this year. Indicate the main subjects under the alphabetical values, and the breakdown under the numerical values. It is advised that the subjects be prioritized from weakest to strongest, to improve the weakest subjects first.

(Place subjects from worst to best)

SEMESTER SUBJECTS (Session 4)

A.

1.....

2.

3.

B.

1.....

2.

3.

C.

1.....

2.

3.

D.

1.....

2.

3.

E.

1.....

2.

WHERE DO YOU FIT IN

????????????????????????????????

ARE YOU SURE THAT THIS IS
FOR YOU?

DO YOU CONSIDER YOURSELF
JOINING THE TOP 10% OF
PERFORMERS?

IT TAKES DEDICATION.

GET THE FULL STUDY COURSE:

<http://thebeststudycourse.com>

