

# 21 Keys for High Performance Teaching and Learning™

Despite the nationwide negative conversation concerning education, today's teachers are as committed as ever to providing the optimum learning environment for their students. As you gain knowledge and more powerful teaching tools, you are in a better position to positively affect the learning of the children in your charge.

One of the most commanding tools available to education professionals is The Pacific Institute's latest offering to the field of education – *21 Keys for High Performance Teaching and Learning*. With its foundation in the cognitive sciences, *21 Keys* brings you the most current knowledge in the field of "mental technology." With this understanding, a world of possibilities opens up for you and your students.

You discover strategies that remove barriers to learning, allowing students to

- Increase their own belief in their ability to learn
- Elevate their persistence in completing tasks
- Heighten their eagerness to learn
- Improve communication with parents and peers

And, as they increase their effectiveness as students, your effectiveness as a teacher soars right along with them.

## Study Options

*21 Keys* is offered in a variety of forms, depending upon your needs.

*Traditional* on-site facilitation, by a certified Pacific Institute representative, can be accomplished in two days. Also, it can act as the perfect teaching-training component to the Institute's K-6 program, *Achieving Your Potential Through Education*®.

*On-Line Models* offer you ease and convenience, allowing you to study at your own pace, on your own time. Several models are available: Post-graduate credit (four semester credits or six quarter credits), which requires professor-graded assignments; a computer-graded model; as well as professional development and audit models. Participating universities and degree-granting institutions may be found on our website.

"Each of us must maximize our personal potential, so that we can be appropriate models for the achievement efforts of the students and staff we head. The Pacific Institute's training model is a significant contribution to helping each of us build that capacity."

—Dr. Brian Benzel, PhD, Superintendent  
Spokane Public Schools

"As President of the Canadian Psychological Association, I can tell you that there is no organization as effective in transferring knowledge from psychology to educational settings than The Pacific Institute."

—Dr. Gary Latham, PhD  
University of Toronto



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# Learning Units

- Unit 1** **Is It There, If You Can't See It?** Discover why you can look right at something and not see it.
- Unit 2** **Be a Careful Listener** Learn to control your self-talk, the constant conversation you have with yourself.
- Unit 3** **What I Don't "Know" Might Help Me** You behave like the person you believe yourself to be.
- Unit 4** **Filtering My Thoughts** Your Reticular Activating System controls what gets through to your mind.
- Unit 5** **How My Mind Works** Discover three levels of your mind and what each performs.
- Unit 6** **The "Truth" As I Know It** We behave in accordance with the truth as we believe it to be, not necessarily "the truth."
- Unit 7** **Building Blocks for Change** Learn how your habits and attitudes are formed.
- Unit 8** **The Face in the Mirror** Beliefs are formed with your three-dimensional thought process.
- Unit 9** **Leaning in the Right Direction** Positive beliefs allow you to use your potential to achieve your goals.
- Unit 10** **Tools for Change** Once you change the picture in your mind, you naturally change the outside.
- Unit 11** **Rehearsing My Future** Visualize your goals, the new habits and attitudes you want.
- Unit 12** **A Perfect Fit** Discover how your comfort zones are built, how they help and hinder performance.
- Unit 13** **That's Like Me** Learn the importance of reinforcing that new picture of you with positive self-talk, constantly affirming the way you want to be.
- Unit 14** **I Think, Therefore I Am** Your present thoughts determine your future. Dwell on what you want, not on what you don't want.
- Unit 15** **Yes, I'm Good!** Learn the importance of building high self-esteem, in yourself and in those around you.
- Unit 16** **Bridging the Gap** Internal conflict turns on energy and creativity. Goal-setting creates the drive to make positive change.
- Unit 17** **"... or else"** Discover how coercive motivation undermines success.
- Unit 18** **Soar Like an Eagle** Create the vision of the way you want your future to look before it actually happens.
- Unit 19** **It's Not Just the Destination, It's the Journey** How do you handle setbacks in your life?
- Unit 20** **I Have the Will, I Have the Way** Keep your self-talk strong and you avoid the downward spiral.
- Unit 21** **Rites of Passage** One statement of fact can change your life forever.