



PA 10 COURSE TABLE OF CONTENTS

Improving Your Child's Learning Power

Lesson 1 Understanding Where You Are Now

- Quiz 1: How Much Do You Know?
- Lesson 1 Parent Workbook
- *Case Reading*: Ben Franklin – How He Learned to Study Smarter
- *Family Exercise*: How to Upgrade Your Family Values on Learning
- Reading: Helicopter Parenting and Learning
- Reading: The Journey to Student as “Self-Teacher”
- *Bonus Reading*: Motivating Teenagers
- *Bonus Reading*: College-Readiness
- FAQ on the Learning Strategies Assessment

Lesson 2 The New Science of Learning and Homeschooling

- Quiz 2: How Much Do You Know?
- Lesson 2 Parent Workbook
- *Family Exercise*: The Amazing Brain Conversation
- *Family Exercise*: Congratulations on Your Failure!
- Reading: Instructional Guide to 12 Amazing Strategies
- Reading: Desirable Difficulties – 4 Take Aways
- Reading: Retrieval Practice – The Secret to Power Learning
- *Bonus Reading*: The Power of Tiny Gains
- *2 Bonus Videos* – Bjork’s Deliberate Practice and the Dunning Kreuger Effect

Lesson 3 Your Child's Learning Maturity

- Quiz 3: How Much Do You Know?
- Lesson 3 Parent Workbook
- *Family Exercise*: Writing Your Family's Self-Scientist Credo
- Reading: SPR – The Meeting That Pulls It All Together
- Reading: Teach Your Kids Metacognition!
- Reading: Start Journaling Today!
- *Bonus Reading*: A Great Checklist on How to Learn Hard Things
- *Bonus*: Learning Maturity Teaching Chart

Lesson 4 Exploring Your Learning Dimensions

- Quiz 4: How Much Do You Know?
- Lesson 4 Parent Workbook
- *Parent Exercise*: Writing Your Opportunity Statement
- Reading: The Forgetting Curve
- *Getting Started Toolbox 1* - Study Attitudes and Mindsets
- *Getting Started Toolbox 2* - Study Planning and Review
- *Getting Started Toolbox 3* - Study Time Units
- *Getting Started Toolbox 4* – Note-Taking Systems

Lesson 5 Coach to Rev Up Learning Strategies!

- Quiz 5: How Much Do You Know?
- Lesson 5 Parent Workbook
- *Getting Started Toolboxes* - 5, 6, 7, and 8
- Reading: The Dog and the Frisbee
- Reading: The 4D Model
- SPICE assessment of deliberate practice
- *Bonus*: The Start-Stop Technique
- *Bonus*: The 3 Learning Challenges – Instructor Guides for The Easy-Breezy, Middleweight, and Ambitious Challenges!

Course Final Quiz – A great review of all you have learned