**CAT - PROGRAM INTRODUCTION TRANSCRIPT**

# **Transcript**

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Jay Ashkinos: Hello Good to have you here. Welcome to cognitive acceleration theory. My name is Jay Ashkinos and you're either here because you've enrolled in Program one welcome or because you're previewing the intro to program one. And consideration of Welcome as well either way. I hope to have you all continue with us. So I need to share screen and get my presentation up so that we can all See what this Cognitive Acceleration Theory business is about.

Jay Ashkinos: so, Here we are. This is cognitive acceleration theory. And like I said, I'm Mr. Ashkinos, and I'll be guiding you through this in production. And the subsequent losses. So, Why are we here? Hopefully you're here because you're interested in developing your cognitive processing. You're a student who wants to think more quickly and more excellently. And you've heard that this is a program that does that. It certainly does. We'll do that through my six-level process of analytical reasoning. I'll talk a little bit more of that later in this video and I'll really dig into it in session one. So if you already enrolled in the program you'll get used to this over the course of this program. If you haven't yet, I hope you'll join us so that you'll develop this cognitive processing through. My ankle reasoning tactics.

Jay Ashkinos: A byproduct of this is that your writing’s gonna get better, organize your writing because we're organizing your mind as you organize your mind. How you think will translate onto the page. And your writing will be more organized, too. And then finally, you're gonna build leadership skills. We study history and society. What it takes to be a good citizen and several points that I might bring on what I call Ashkinotes that might help you move forward as a future leader in our society because we need better leaders. We're always looking for people that can think quickly and make good decisions fast. This program will help with that. So how do we achieve this? Every lesson will start with vocabulary acquisition? The books that I choose have really strong vocabulary and so you'll find one, two, three, ten fifty words. In each reading that you may want to write down on your pad of sticky notes because we all have sticky notes by our books, right? Write it down.

Jay Ashkinos: Define it and use that to help boost your vocabulary. And your mind, because when you sound smarter, with your words, you're treated with more respect, it shows in your eloquence and how you speak and how you write and how you present yourself. I will also do some story comprehension, obviously, with each story, we need to know what's going on. If we want to analyze it at a deeper level, we'll definitely go through the story grammar of each reading and we'll also pinpoint where this marks in history as we move along. Critical Thinking Skills, That's the huge piece of this. I'm gonna help build your critical thinking skills through the methods that I've honed as a teacher for over 20 years teaching with driven gifted students

Jay Ashkinos: And we're going to achieve that with the levels of thought, which is my design six step process of breaking down a concept into parts quickly. In the end. After you do maybe another program. You're gonna be working toward writing excellent essays and thinking excellently, within 10 minutes, leaders need to do that. I'll help get you there. What do I need? First, you'll need a copy of the book for the purposes of the program. One that is Jack London's Call of the Wild. You won't need to read anything before our first lesson because we're going to do some other study but eventually it'll be reading from that book.

Jay Ashkinos: Obviously, you're gonna need a computer because this is purchased as a set course of study that consists of several video lessons. And so, you need that computer to access and listen to those videos and you'll need that computer to respond to them in writing, You won't really work. If you're doing that on your phone, it'll be hard to text a 10 minute essay test, but more power if you can. Need a countdown device. I use my phone. I just set it for Our quizzes which will be 10 minutes long. Sometimes they break them up into pieces, but definitely toward the end of the program, one and all through Program, Two and beyond each essay test will be a 10-minute test. The kinds of essays that you'll be writing to get into a college for SATs or final exams for a class. What they give you an hour to do. I want to teach you to do so in 10 minutes.

Jay Ashkinos: All you need to do is follow the program and that's where the academic integrity comes in. You want to follow my steps. The amount of time I give you to do something uses that amount of time. I will give you maybe at the end of each lesson. Follow those suggestions. You will build your abilities. If you follow the program as it's prescribed. All right, so once we get in the routine we're gonna access that great literature. That means I'm going to have you read a certain amount of pages a chapter or two before every lesson.

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Jay Ashkinos: Then we'll do some mental warm-ups. That's when we bring our vocabulary and like I talked about and we'll talk about the story and bring in some valuable excerpts. And that'll lubricate our minds for what comes next. And that's the important excellence quickly quiz. That's when I test you in 10 minutes based on a prompt or concept or or a character's name to help you analyze it at such a deep level. And through the six steps that I'll teach you, you'll be able to really break it down into a nicely crafted piece of thinking and writing, And then after that's all done, I'll break it down analytically so I can show you where I was thinking on this. So in case you didn't hit the mark that time, you'll see how to hit the mark.

Jay Ashkinos: the routine will start with that video lesson. When you go to the teachable site, you'll see the lesson, click on it, Whenever it tells you to pause the recording please do And follow those directions then unpause it when you're ready to move back on, but that video lesson will be there for you. There should be one For each session will also be a progress tracker. The progress tracker will be used to track your progress, you'll be writing down your responses there, they'll also be a link to review the slides that I use in each lesson are there for you. If you want to go back and review them, you can watch the video or look at the slides. And then also, if you need a transcript of this lesson, that'll be available for you as well. You just have to go into the Teachable site. And you'll see that right there is where you get your progress tracker and that's what you'll be clicking on most of the time.

Jay Ashkinos: Here is where you'll find the review, slides, and the transcript will be found right there. So everything is there for you and you want to finish this entire lesson before you move on to the next one. Obviously. So, as I said, it begins with great literature. At the end of each lesson, I'll tell you what you need to read before the next lesson.

Jay Ashkinos: Make sure that you take the courses and prescribed order. You're in program one right now. you wouldn't want to start with program two. Program One is vital to move on; each program will increase expectations. So it's a good idea to do it one program at a time. This is for driven people, but some of you are so driven. You think you need to skip ahead. Not in this case, this one you want to do level by level, telling you from experience. Let's do it Program by program. Don't read ahead. Even if you've read the whole book Already, I've already read Call of the Wild. I'm asking you to read Chapter 2 This week. Read it again and only that chapter, I want you to focus on that part of the book, that'll help you.

Jay Ashkinos: And we'll get into our agenda Ida one item one, which is a vocabulary. We will come in with a new word. I'll give you a word wall of several words, but you'll bring a word as well. It might be a word that you didn't know you wrote down the definition. it's part of Your vocabulary arsenal, if you will, or it might have been a word, But it was used in a different way or maybe it provoked. or made you think, gosh just was interesting for whatever reason, and I'll share my word, we'll get smarter, this will be great. Move on to the second agenda item. That's when we go over what happened in our reading and for that we might use the six levels of story, grammar, exposition, call to action, rising action climax, falling action, or resolution.

Jay Ashkinos: use these before, or if you use them in a different way, I can briefly go over them using. Let's say the Mario movie that I took my son to see recently. So the Mario Brothers movie. So in the exposition, that's when you're getting used to the characters and the setting and what's going on before the story actually starts and the Mario movie here, you have Mario and Luigi, two plumbers. Who aren't doing too well in their business, they're down on their luck, things aren't going their way. But then we get to the call to action where this is a catalyst that sets the thorian motion and by this and that happening they suddenly stumble upon a pipe underground. And of course, if you've played any of the Mario games, they get sucked into the pipe and away. They go into the magical kingdom of the Mushroom Kingdom. And the story starts.

Jay Ashkinos: Then you get into rising action which are the conflicts that lead you toward your climax, one piece of rising action maybe you get separated from Mario and he's in a more scary situation and he's nervous. Another rising action would be that Mario meets up with the Princess and the Princess wants him to help. But he's not up to speed yet, he has to train to get good enough to help the princess. And then finally another piece of rising action. They encounter their enemy Bowser and he's way too overwhelming for them and they need to figure out how they're going to defeat this guy before the mushroom kingdom is. Taken over and destroyed. What have you? And the climax? Of course, they have that final battle. when

Jay Ashkinos: Either win or lose against your enemy or you make a big decision. And in this case, they grow off with bowser and based on that whether they win or lose that comes the falling action. Let's just say without spoilers for the Sega reason. Let's just say they win because They capture bowser. They trap him, everything gets put back to normal, everybody goes back to the rightful place, everybody's successful and happy. Life can go on to a resolution and happily ever after, except for maybe Bowser's eye opens. And he goes, I'm gonna come back for revenge because they want to have a sequel. Obviously, it's a resolution, is how it ends, or it could be a new beginning. So after we talk, we'll do that much more quickly than I did here. But after we talk about what happened in the reading, we all. So invite ourselves to share an excerpt, I'll bring an excerpt that I thought was interesting for the reading and you will as well. And again, this could be a well written next served or a telling excerpt, might be peace. Maybe this is foreshadowing something..

Jay Ashkinos: Or it's confusing, no matter what it is. You'll want to think about this excerpt before you come into the lesson so that you already have it in your mind. I know what this means and I can use this powerfully because you might want to use it when we get to The Excellence quickly quiz. This is where I really test your mind. How fast can you think excellently? And for that, we are introduced to the levels of thought in my six step process. We start with face value, Then metaphoric value Connect to the metaphorical value.

Jay Ashkinos: Judge metaphorical value. And finally, activate the metaphorical value. And I know you'd love for me to tell you what. Each one of these means that'll come in our first lesson in session one. So when you get there, we'll break these down more and we'll get so accustomed to these that they'll become part of your mental muscle memory and you'll use those as you write and as you think your way through a complex situation. So you can arrive at a decision that a leader might arrive at and you'll arrive at an essay that an eloquent writer, thinker and speaker would arrive at in 10 minutes.

Jay Ashkinos: Energy that we're going to use this thing called our So this progress tracker, they'll be one with every lesson and you'll just open that up and you'll use that to organize your piece and then you'll keep these in a file somewhere on your computer. So you can track your progress from lesson to lesson and see how much better you're getting as you go.

Jay Ashkinos: just to show you. There's a part where you can put your vocabulary apart, where you can put your excerpt and there's also a part where you can, every time I'm going to give you a prompt or a concept or a word or a Quote, from the reading. Then you can copy and paste it right into the progress tracker so you can refer back to it as you move on. For the first several lessons, we'll do each level of thought one at a time. So as you can see here, it's showcasing faith value, and I'm going to give you a minute to answer the question at face value, and we'll get to that in session one.

Jay Ashkinos: And when that's all done, I'm gonna break it down for you. I'll tell you how I thought about this piece. How did I come to my metaphorical value? How did I come to my conclusions? How did I connect to them? And based on that, you'll calibrate your own cognition. You might go back and compare what you did and see where you might have misfired. Not that my answers are the hundred percent. Always correct ones but they're usually following the right path and so you might want to just correct yourself toward my thinking, rewire your thinking and then you'll grow with each lesson. You'll grow at your own pace, but you will grow as long as you follow this as prescribed. So with that, I hope to see you in session one. If you're already enrolled, if you want to get on right now, go for it. You're not enrolled yet. I hope that I've done my piece to help you make a decision and I hope to see you there. So, with that, I will stop my presentation.

Jay Ashkinos: And I will say goodbye to everyone and we'll see you have a good one. Bye.