**SuperCamp LMU Junior Forum Journal**

**Day 1:**

Like most of the campers yesterday, I arrived to SuperCamp LMU Junior Forum wide-eyed and a bit bewildered. I didn’t know what to pack, where to go or what to do. I was tired when I got here and dreaded being away from home for the whole week.

Yesterday afternoon I started catching the SuperCamp fever and felt reinvigorated by all the energy, funny campers, and truly amazing Facilitators. I felt way more comfortable just knowing they were in charge and had everything handled. I knew if I could just go with the flow I would be in good hands. A hearty dinner didn’t hurt either!

The LMU campus is B-E-A-utiful. Walking through campus was inspiring in and of itself. It lends an old-world feel with its breath-taking Sacred Heart Chapel, Sunken Gardens and Jesuit Community, yet it boasts state-of-the-art classrooms, restaurant-quality dining and inspiring views and architecture. The lawns are manicured, the dorms roomy and clean and the campus quiet and safe-feeling.

There are campers from all walks of life here and it is really nice to see them all getting along, being friendly and inclusive, learning and growing from each other. Before I came to SuperCamp, I was told that the best description for it is “organized chaos” and now I totally get it. We started right out learning a memory strategy without even realizing it! We were listening to a very entertaining story told to some of our favorite songs and before I knew it, I’d learned the first eight U.S. presidents in order! Say what?! SO COOL!

Yesterday afternoon I was eagerly anticipating lights out but, by the time it arrived, I was wide-awake and looking forward to the morning. The Facilitators were so high-energy all day long, I couldn’t believe they could keep going at this pace all week but now I’m seeing how the energy builds upon itself and am feeling all sorts of excited to keep going.

**Day 2:**

This morning we learned the “This Is It” key of Excellence. It was an inspiring way to start the day and help us all make the most of this incredible SuperCamp experience. I was impressed with some of the goals these young students have.

**THIS IS IT! – Make the most of every moment**. **Focus your attention on the present moment. Keep a positive attitude.**  
 ***My ‘This Is It’ Notes:***

How you show up is a choice! Make the most of every moment and opportunity.

Every day you are given 86,400 seconds to spend. How do you make the most of every single one?

What this means to some of our SperCamp LMU Junior Forum campers:

* “Having a challenging day but making the most of it.”
* “Always be positive.”
* “Appreciate being here.”

Take everything we can back home with us, apply at home, in school.

‘This Is It’ means keeping your chin up, knowing that ‘This Is it’ and making the most of each moment.

Set your goals and work to achieve them.

We took a little break and then went into our academics. I started with the “Memory Upgrade” session where we learned the narrative chain and 10-24-7 memory strategies. Very cool!

Now it’s on to another academic session and then lunch and then play time! Um, what was I thinking not wanting to come to SuperCamp?!

I’m in Math Mastery now, learning that Math is “Mmmmm mmmmm Good!” Hmmmm… must learn how math is mmm, mmm good!

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*Later…*

In our afternoon academic session, we learned how to focus deeply by getting into Alpha State and using the SLANT technique which is all about how to use our bodies to tell our brains that it’s time to learn and show our teachers that we are listening.

After dinner we learned about our comfort zones and all the endless possibilities that are beyond our comfort zone, in our “Learning Zone.” We shared some of our dreams and what we need to do to achieve those goals. So, with the dream and a plan in hand, why are we not achieving these dreams? We learned that we have the potential to achieve anything we want and then we discovered what’s stopping us: FIMAGE!!! This is our Fear about our IMAGE (what others might think of us). To overcome this FIMAGE, we must Face our Fimage and Develop our Image into what we want it to be. This principle is true for everyone, regardless of our age or stage in life.

Tonight we learned ‘Speak with Good Purpose.’ It was a really inspiring, kind of intense session. You could really feel the effects on these kids of their experiences with not speaking with good purpose. It was sobering to hear the things these students have heard or said about themselves. I like that we learned some good vocabulary to help deal with situations and communicate effectively.

**SPEAK WITH GOOD PURPOSE – Speak honestly and kindly**  
Think before you speak. Make sure your intention is positive and your words are sincere.

Following our Speak with Good Purpose key talk, we learned OTFD. This is a “potent and powerful communication technique to express feelings in a positive manner.”

**OTFD:**

**O**bservations — Facts only, not emotions.

**T**houghts — Explain what you thought.

**F**eelings — Explain what you felt.

**D**esires — Express your desires for the future.

This can be used to express positive OR negative feelings.

**Then, we learned the 4-part Apology or ‘AAMR’:**

**A**cknowledge — what you did wrong

**A**pologize — (“I Apologize for \_\_\_\_\_” – not ‘sorry’)

**M**ake it Right? — “What can I do to make it right?” It is a question because the other person needs to tell you how to make it right *for them*.

**R**ecommit to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [whatever they requested to make it right].

I ***love*** that our Facilitators use the term “What questions can I answer?” rather than “Are there any questions?” and other positive languaging through all of their conversations. Our Facilitators and Team Leads provide such wonderful modeling for everyone around them ***all*** the time. It’s amazing to me that so many people can be so consistently great.

**Day 3:**

We started our day by learning the “Ownership Key.”

**OWNERSHIP – Take responsibility for actions  
*Be responsible for your thoughts, feelings, words, and actions. “Own” the choices you make and the results that follow.***

This means not just being responsible for the things we must be (chores, school, etc.) but taking responsibility for those things we don’t. That is making the choice to take ownership of doing what needs to be done. I love a poster they had to go along with this idea. It was just two words but they say it all: Response-Ability!

Then we went into our academics sessions, starting with learning Mind-mapping. Mind-mapping was pretty neat and the students really ‘got it’ quickly. It is so interesting to learn more about how our brains work and to learn and study in ways that are easy and natural for us. I hope these kids go back to school this fall feeling more confident in their abilities to be great students.

Next I was in Quantum Strategies with Facilitator Lucy. I loved her intro to this session because it is SO true! She said this class was all about “how to play the game called school [or work or life…] and WIN!” So, we learned how to use a planner effectively and consistently to keep track of assignments and activities so we know how to be prepared to be successful. The students have the assignment to make sure to get a planner they like and can use consistently when they get home. I need to do the same! ;)

Then we learned Notes TM. Lucy taught us that we speak in 200-400 words per minute but our brains can process 600-800 words per minute, so if we learn how to take notes effectively, we can rely on our brains and capture tons of great information.

So, here’s the how you take notes with Notes TM:

|  |  |
| --- | --- |
| **Notes Taking (Teacher)** | **Making (Me)** |
| 1. Facts 2. Examples 3. People/Dates 4. Vocab words 5. Equations 6. Formulas | 1. Thoughts 2. Feelings 3. Pictures 4. Questions |

\*Use symbols and abbreviations whenever possible

Then we talked about simple ways to make studying more effective like:

* Using natural light, not in your face, position room where you study for best effect.
* Sitting up while studying
* Smells help s study, focus and recall: Cinnamon, mint, lemon, basil
* Smells that help us relax:Lavender, vanilla, roses, orange
* If you chew the same flavor gum while studying and while taking test, it will help you recall.
* Baroque music helps our brains stay in alpha state — Can’t listen to music with lyrics.

After dinner, we had a great session called our ‘Trust Sequence’ where we did paired trust falls and the ‘zipper.’ This was part of setting the stage for our Outdoor Adventure Day by learning to communicate and build confidence and trust in their team.

**Day 4:**

Day 4 was all about Outdoor Adventure Day!!! While SuperCamp Outdoor Adventure Day looks like just a bunch of kids having a blast, which it totally IS, it’s more about the goal setting and overcoming our fears, learning to work as a team, building trust and rapport with new people and exercising our leadership skills. It is for sure a fun day, but it is really all about personal development.

Time flew by and the students had tons of fun facing their fears, getting outside their comfort zones and challenging themselves. They practiced working together to navigate the challenges including lava pits, giant skiis, levitating hula hoops and ‘electric’ wires.

We had poetry night tonight and it was really special to hear the students share their poems. I hope they will bring them home to share with their parents and continue to develop their many talents.

I continue each day in awe of the Facilitators and Team Leaders who give their complete devotion to teaching and caring for these children. They give 100% to every moment and demonstrate the “This Is It” key in word and deed. I would say they give 110% to quote my favorite former apprentice Lou Ferrigno, but we’re all about being smart at SuperCamp and we know that 110% isn’t a real number and I’m 100% real about our AMAZING staff here!

I never realized just how devoted our Facilitators and Team Leaders are until today, when I realized that they have all been away from their families and homes for going on 4 weeks now and one Facilitator couldn’t remember the last time she’d talked with her children back home. These are the same people handing their cell phones over to homesick kids and waking up in the middle of the night if someone gets sick or scared or lonely or annoyed with their roommate or any number of things. These Facilitators treat their campers exactly how I would want my child treated, or better, and I couldn’t be more impressed.

SuperCamp LMU Junior Forum Journal - Day 5

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A Day in the Life at SuperCamp - Day 5

SuperCamp

Day 5:

Today began with our Apollo Mission, which was to fashion the best aircraft you could with the allotted supplies, and then try to hit a target to earn points as a team. We had fun while learning about the Flexibility Key, teamwork, and a little bit about the Failure Leads to Success Key as they reengineered their aircrafts during competition.

**FLEXIBILITY – Be willing to do things differently  
*Recognize what’s not working and be willing to change what you’re doing to achieve your goal.***

Practiced our location memory technique to learn polygons 3 – 12, then reviewed the two previous lists we’ve learned, the presidents and states. It’s amazing how easy it is to learn and retain information by doing it this way.

Next we went into our main academics and I went to Quantum Writing with Facilitator Sylvia. We learned some of the obstacles we feel about writing and that we have the choice to overcome them or not. Next we tackled the most common obstacle for everyone in the room, figuring out what to write! We learned how to brainstorm for our writing assignments and get in the flow that way. Then we practiced our writing on our choice of three assignments and got feedback from our peers. I think it was a valuable opportunity to start feeling good about writing and feeling empowered to be great writers.

After dinner, we completed the “X” activity as teams. The object was to step on each number 1-30, in order as fast as you can, without accidently stepping on a number out of order. It required teamwork and some strategizing but mostly persistence. It was an object lesson to teach the Failure Leads to Success Key of Excellence but the campers also said they used other Keys to Excellence such as Integrity, Flexibility, Speak with Good Purpose and Ownership. Everything the Facilitators do at SuperCamp is intended to be ‘on purpose’ and this is just one small example of their achieving that goal, where they are able to teach a new key while practicing others. Through this activity we learned that failure is an opportunity for growth.

**FAILURE LEADS TO SUCCESS – Learn from mistakes**  
***View failures as feedback that provides you with the information you need to learn, grow, and succeed.***

We ended day 5 at SuperCamp with a powerful session, called the “Rejection Talk.” During this piece, Facilitator Brett played the role of “The Rejector” – the grim reaper of self-esteem – and went around the room passing out ‘rejections’ on little black cards. These put-downs were typical bullying comments that increased in intensity until the campers realized that they didn’t have to accept these rejections. It was very moving when the campers began to stand up for themselves and each other.

Lead Facilitator Karen did a wonderful job moderating the experience, throwing out prompts for the students to reflect on their behavior and reactions to this bullying. She is a profoundly talented teacher. Facilitator Brett played his part well, despite his abhorrence for such bullying, in order to help the campers avoid it in the future. It was very uncomfortable to stand by and watch this scene unfold, but it gave me chills and brought a tears to my eyes when two boys literally stood up and yelled ‘stop’ to the Rejector.

The other campers took that cue and jumped in as well, booing the Rejector, throwing their rejection slips back at him or tearing them up and, finally, refusing to accept them at all. As the students stood up for themselves, the Rejector eased off and slinked away. Facilitator Karen took it from there, bringing it around to understand that we don’t need to accept rejections and we don’t want to standby if others are being bullied either. It was such a profound experience and I’m very sorry that my words cannot do it justice. I am very grateful to have been able to witness this crucial instruction to help students avoid bullying and the brave kids who stood up for themselves and others. Very inspiring indeed.

Day 6:

Integrity is priceless. That’s what we learned in SuperCamp this morning. We learned the Integrity Key of Excellence and that integrity means your values and action match. We did a cool activity to remember this, which was to trace our hands, then write a big ‘V’ for Value on the left palm and a big ‘A’ for Actions on the right palm. Then we wrote a value on each finger of the left hand and the corresponding action steps required to demonstrate that value. Then you flip them face to face and see how they match up.

***INTEGRITY****–* ***Match behavior with values  
Demonstrate your positive personal values in all you do and say. Be sincere and real.***

Here’s mine so you can see how neat this is:

**Do It Goals**

During our Do It Goals session, we learned about John Goddard and his amazing accomplishments. Then we set our own and learned the DO IT approach to accomplishing our goal.

**‘DO IT Goals’ stands for:**

**D**esign — Make sure your goals are specific, achievable and measurable.

**O**utline — Timeline of what you’re going to do, how you’re going to do it and what you need to do it.

**I**n Your Face — What is in your way? What are those barriers you’ll have to break through to achieve your goal?

**T**ake Action — What do you need to do to start taking action right now to start working toward your goal? How are you going to take action?

Broke out into academics. I went to **Quantum Reading** today:

We start by singing our ‘attitude’ song, ‘Don’t stop reading…’ to the ‘Don’t stop believing’ song melody so we can get excited about reading.

**Then we commence with the Quantum Reading Process:  
1. Prepare** – Get situated correctly (SLANT) and create a positive learning environment.  
\*\*\* **HOT TIP:** Baroque music helps put your brain in Alpha State. Good Baroque Composers: Handel, Bach, Vivaldi.

**2. State** – Get into Alpha State: Sit up, take a deep breath, close eyes while exhaling. Picture your peaceful place, roll your eyes up, roll your eyes down. Open your eyes and go to work with a focused mind.

**3. Superscan** – Spend 2-3 seconds per page to skim content, tracing your finger in a slalom or straight down pattern.

**4. Read** – Return to the beginning and read the content, making sure to use a visual cue (like tracing with your finger or pen) to keep your eyes from skipping around. Our brain is able to take in whole sentences at a time, not just one word at a time, so let your eyes flow quickly over them and your brain will register it all.

\*\*\* **HOT TIP:** Using a visual guide (like your finger along the page) can double your reading speed.\*\*\*

**5. Review** – Within 5 minutes, review what you read by mind-mapping, writing out notes or telling yourself (aloud or in your head) or someone else what you’ve read.

After learning the process, we completed a pre-test to measure our reading speed and comprehension. I got 100% comprehension and 232 words per minute.

Then we practiced these methods during 3 30-second reads:

On my first 30-second read, I read 508 words per minute.

On my second 30-second read, I read 736 words per minute.

On my third 30-second read, I read 472 words per minute.

I am a little confused and not sure I’m doing this quite right… I stayed after class with one other student to ask for some clarification. I think we both got the idea. We shall see after lunch…

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After lunch we reviewed the Quantum Reading Process again and got to ask more questions if we had them. Then we went right into more practicing in 1-minute chunks. At the end, we took a post-test. I increased by words per minute to 400 and retained 100% comprehension. Seriously, amazing. Can’t wait to practice more! This will make short work of my inbox!

We’re going back to the dorms to pack after this. Such a bummer. :(

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**My funny for the day:** A camper just told me she plans to use OTFD to ask for a Apple laptop! I LOVE IT!

**Day 7:**

Today was a beautiful end to a beautiful experience at SuperCamp. Our Parent Workshop was fabulous—very informative and Karen was at her finest. She demonstrated her talent for captivating an audience while imparting crucial knowledge that just flows into you. She taught our campers’ parents what we experienced this week, some of the things we learned and how to support their campers at home to continue their personal and academic growth. Karen taught our SuperParents SLANT, OTFD, AAMR, the 3 Big Brain Ideas, mind-mapping and other foundational SuperCamp strategies, all while sharing heart-warming experiences from camp and getting them as amped up about camp as their students are.

Once our Parent Workshop was complete and our SuperParents were schooled on their ‘Power-Whooshes,’ our SuperCamp graduates filed into the main room and joined in celebrating their accomplishments. As expected, graduation was powerful and inspiring. Tears of joy flowed as campers reunited with their families, and tears of sorrow flowed as campers said goodbye to their new friends. I too found myself tearing up, so proud and happy for these families and also wishing I could take all of my new SuperCamp friends with me. These Facilitators are not only extraordinary teachers, but they are exceptional people. They walk the walk and talk the talk in everything they do. Their goodness and positive energy is contagious and makes you feel great just to be around them. I am honored to call these amazing people my new friends.

Leaving SuperCamp was bittersweet indeed. Yes, I was excited to see my family. Yes, I was looking forward to ending the science experiment that was my hair, which began by choosing precious minutes of sleep over glamour. And yes, I was looking forward to getting off my feet and back to my desk job – these little piggies went ‘weeeee’ all the way home!

But I was also sorry to say goodbye to my new friends and the most adorable 113 middle-schoolers ever. I was worried that I will lose the momentum I’ve gained in the past few days; that I will get distracted by my everyday life and revert to the status quo, forgetting my goals and new learning strategies. I was sad and nervous to leave this incredibly positive, supportive SuperCamp embrace and return to the ‘real world.’

I am so fortunate and grateful to be able to return to work at QLN where I can have a tiny dose of SuperCamp each day. I really wish every student and every teacher in every school could have the same SuperCamp experiences and education in their schools each day. I now understand the mission of our Quantum Learning Education division of QLN, which is striving to do just that. I hope I get the opportunity to support them in creating a Quantum Learning movement. If you would like to help with that cause too, please call us at 800-285-3276 extension 111, or visit www.QuantumLearning.com to learn how.

I am counting down the days to when I get to return to SuperCamp next year! 339 days to go!!!

Thank you to the Facilitators who changed my life this week:

Karen, thank you for your wisdom and excellence in everything you do.

Brett, thank you for your passion and talent in everything you do.

Lucy, thank you for your joy and energy in everything you do.

Silvia, thank you for your compassion and positivity in everything you do.

Many Thanks to QLN for allowing me this opportunity to learn and grow.

With love and great admiration, Marinda