

Mind Dynamix® Profile Helps Grade 11 Student Increase Examination Results by 24%

Lindsay Hopwood

Allan* was referred to me by his Business Studies teacher in the first term of 2019 as she was concerned about his lack of motivation and his apparent inability to study effectively. Allan's mom was very keen, but when she recommended the assessment to Allan he said he was fine and did not need any assistance.

When it came to the time for the July Examinations the invigilator noticed that while he was writing his papers that Allan went to the toilet often, spent time doodling on the papers and often wrote little on his examination script. Consequently, his results for all his July Examinations were very poor and there was a possibility that he would not pass Grade 11. I contacted him afterwards and he agreed to come for the assessment.

Allan was very co-operative and enjoyed the assessment and was intrigued by the findings. His Mind Dynamix Profile showed that his dominant right hand and right leg are controlled by his dominant logical left hemisphere, indicating that a smooth flow of detailed logical information from his brain to his hand and leg were possible. However, his dominant left eye and ear were controlled by his non-dominant creative hemisphere, indicating a block to the flow of information to the brain. This also explained why Allan is so easily distracted and finds studying such a chore. This profile also explains why Allan tends to be so anxious at examination time and tends to "go blank" under such stressful conditions.

I recommended that:

- Allan make an appointment to see Professor Ferreira to get glasses that help to take the labour out of reading for left eye dominant individuals.
- Allan set goals for himself for the November Examinations and to see the connection between these goals and his career aspirations.
- Follow a Whole Brain study method to make notes and summaries.

Allan's mom reported that it seemed that Allan flipped a switch after the appointment and she was able to let him get on with his studying with more peace in her heart now that she had a greater understanding of her child and how he functions when it comes to learning. This is what she had to say:

“Allan had a Mind Dynamix Profile assessment with Lindsay on the 26/09/2019.

Benefits from assessment:

- 1. Allan was more confident in himself and in his abilities to smart preparing for the year-end exams***
- 2. He set goals for himself per subject as instructed***
- 3. He received clear and easy instructions from Lindsay on how to make notes and apply himself to study***
- 4. He received reading glasses from Professor Ferreira as recommended by Lindsay and that made a HUGE difference in class as well as for studying.***

We both find the session highly beneficial and realised that we should have done the assessment when Allan was in Grade 9.

We are eternally grateful for the tools that Allan was provided with and we know that it will benefit him even more in Grade 12."

I did recommend several Mind Moves, such as *Power On*, *Rise and Shine* and *Mind Moves Massage* that would help reduce anxiety and the *Mouse Pad* and *Focus Adjuster* to assist with concentration, but as he came to me so late he did not get to do them often. If he had learned these Mind Moves in Grade 9 his high school years may have been less stressful for both Allan and his mom!

Herewith the recommended Mind Moves:

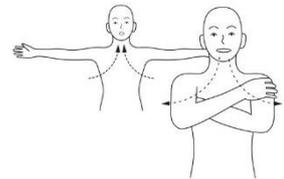
Power on

Rub the indentation just below the collar bone in line with the left eye to re-establish the electrical flow via the Vagus nerve (to the speech organs and stomach) to help relax butterflies and talk with ease. Rubbing both indentations to the left and right of the breastbone supplies oxygen-rich blood to the brain and relieves the staring habit. It literally switches the brain ON for improved concentration without anxiety.



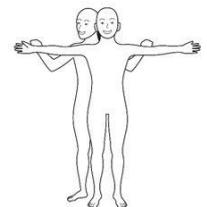
Rise and Shine

Simulate the reflex by flinging the arms wide open while breathing deeply and slowly, and then closing the arms over the chest in a hug, breathing deeply and slowly. The learner can hug himself, or the parent may hug him simultaneously. This move boosts relaxation, rhythmic breathing and a sense of well-being.



Mind Moves Massage

Child must stand upright and hold both arms 90 degrees to the side of the body. Stand behind the child and firmly trace the outline of the body from head to toe. Hold the feet and push down for a moment as if planting the legs before repeating three times. This move develops tactile awareness, gravitational security and a positive sense of self.



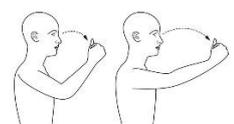
Mind Moves Mouse Pad

Focus on the thumb held at elbow distance from the eyes. Move the thumb upwards, first around the left eye and then around the right eye outlining the shape of an infinity sign. Repeat five times. Swop hands and repeat the same process, always first drawing a circle around the left eye and then around the right eye. This move stimulates the visual, auditory and kinaesthetic receptive ability, while crossing the midline to integrate the left and right parts of the brain and body. It develops eye-hand coordination and visual integration.



Mind Moves Focus Adjuster

Face forward. Focus on the thumb held at elbow distance. Maintaining focus, slowly bring the thumb to the tip of the nose then slowly out to arm's length. Focus on the thumb then on a point further away, and back on the thumb. Bring the thumb back to the tip of the nose while continuing to focus on the thumb. Repeat 10 times. Rub hands together, place over eyes. This move promotes near to far vision, focus in midfield, eye-hand coordination and visual perception.



Here is an excerpt from his Grade 11 report:

06-Dec-19			
Grade 11			
	Term 2 Exam	Term 3 Exam	
Afrikaans FAL	40,8	52,5	
Business Studies	33,3	54,7	
English Home Language	51,0	46,2	
Geography	38,6	44,5	
History	27,3	58,4	
Intentional Living Programme			
Mathematical Literacy	50,5	60,8	
Aggregate:	34,49	58,66	
Promotion Result:	Passed		
HEADMASTER			

Note the 21% increase in his results for Business Studies which gladdened the heart of the teacher that started the ball rolling.

I wish Allan every success for Grade 12 and I encourage him to not only continue wearing his glasses and using the study method but to also start doing the Mind Moves as they will really assist him to have an even more successful Grade 12 year.

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