

Get In The Zone

Before and while competing in a sporting event an athlete is trained to use certain techniques to get into the zone. Athletes know it is necessary to intensely focus on the task at hand in order to complete at their peak performance level. They do this by using techniques developed by coaches, trainers and sports psychologists to remove the "chatter in their heads" to focus on the task at hand. When a highly successfully athlete fails to complete at his or her expected level, it is cause they were unable to get into and stay in the "zone" when competing.



The same thing hold true when wanting to learn the information required for your college courses. In order to become an expert learner in order to focus on mastering the information in a college class it is necessary to get into the "study zone." Being in the study zone permits you to focus on maintaining your peak learning level to obtain, retain, recall and use the information required to pass the tests in your college courses. Training on how to get into and stay in the study zone is now available in the college learning center.

The Learning Center has THE LEARNING WIZARD an individualized interactive program that develops the ability to get into an stay in the study zone.

For more information visit the Learning Center located in [or call <put your information here>](#)

[<put your information here>](#)

Monday: _____ a.m. to _____ p.m.
Tuesday: _____ a.m. to _____ p.m.
Wednesday: _____ a.m. to _____ p.m.
Thursday: _____ a.m. to _____ p.m.
Friday: _____ a.m. to _____ p.m.
Saturday: _____ a.m. to _____ p.m.