

启发儿童智慧的奥秘26

Tai Chiang Ching says, "The main purpose of playing the music from Hawaii Five-O is to have the children focus and get ready for class. When they get home, I suggest parents play baroque music for their children; it helps to relax the body and soul for a sense of tranquility. Not only does it help lighten stress from schoolwork, it also helps to slowly release the massive energy hidden in the subconscious."

"However, when studying, I don't suggest listening to music because it tends to distract attention, decreasing the effectiveness of learning. Silence works better in this case." In Tai Chiang Ching's abacus and mental arithmetic class, there is a special "meditation training" which trains students to focus and be attentive in class.

"The frequency of the human brain wave has four types of patterns. When we are fully awake, our brain waves vibrate fourteen to thirty times per second; these are called β (BETA) waves. When we are relaxed, such as when we are about to fall asleep, our brain waves vibrate more slowly, between eight to thirteen times per second; these are called α (ALPHA) waves. In addition, there are two other slower brain waves, θ (THETA) waves which vibrate five to seven times per second and δ (DELTA) waves which vibrate less than four times per second and occur only during deep sleep. The best state for learning is somewhere between alpha and theta waves."

"Through meditation training, the vibration speed of our brain waves decreases to those of α or even θ waves, in which we are relaxed and focused at the same time and think more clearly, increasing our ability to absorb knowledge and memorize. In addition, the communication between left and right brains becomes more coordinated, enhancing brainpower. Geniuses are the way they are because their left and right brains are often in a state of coordination. When thinking about a problem, they not only use the left brain, but both the left and right brains." Master Tai says, before a test, three minutes of meditation helps to clarify thinking for better performance.

Master Tai Chiang Ching also points out that other than developing brainpower, meditation also improves self-image, builds self-confidence, decreases anxiety, strengthens time management skills, improves energy level, cures insomnia, stimulates blood circulation, etc.

Well-rounded teaching materials

Su Wan Ting's motto:

Good is good, but better carries it.

Learning is like rowing a boat against the current. If you don't advance yourself, you will be washed away."

Other than teaching enthusiastically and researching methods of teaching, Master Tai Chiang Ching also compiles teaching materials related to abacus and mental arithmetic, including textbooks, practice books and audiotapes, currently totaling over an impressive number of 200 works.

Master Tai's teaching materials are popularly accepted and acknowledged by students, parents and those in the same industry. They have three main features:

1. teaching material from level fourteen to eleven written especially for kindergarteners:

The starting age for learning abacus and mental arithmetic has increasingly lowered in recent years; many children begin training in abacus and mental arithmetic from K2 or K3 but there is an insufficiency of teaching materials suitable for these young children. Hence, Master Tai has compiled level fourteen to eleven teaching materials suitable for kindergarteners, solving the problem of the insufficiency of teaching materials and at the same time benefiting teachers in the industry. Master Tai's publishing company is like a logistics and supply headquarters for children's abacus and mental arithmetic teachers.

2. many versions for effortlessness in moving to higher levels:

Master Tai's teaching materials not only offer different levels, but each level also includes many versions of teaching materials as well as corresponding practice books. This not only solves students' demand for a large amount of practice, but also makes advancing to higher levels more effortless.

3. inspirational words enhance learning ability:

It was mentioned earlier that Master Tai is good at using teaching methods that motivate potential to increase students' confidence and learning effectiveness. In practically every page of his teaching materials, one can see inspirational quotes such as "I can do this!" or "I am the best in the world." Reading these messages, children unknowingly give themselves hints and even "self-hypnotize." Consequently, they become subconsciously confident and ambitious, fundamentally increasing their learning ability.