



LEARNING AND TESTING



Learning and Testing

Emotions play a critical role in learning and test performance. Many individuals utilize the emWave® to help manage their anxiety and improve academic focus and memory recall. Because the emWave provides students of all ages with real time feedback on their internal experience, it becomes an engaging and compelling way to self-regulate their emotions.

Educators and parents also use this technology to help their students or children address behavior management issues. At schools, universities, clinics, and homes, students are learning to harness the power of positive emotions through the emWave experience to:

- increase their academic focus
- make better decisions
- reduce impulsivity
- manage anger
- get along better with their peers

As individuals practice the Quick Coherence® technique, they are able to see and experience the changes in their heart rhythm patterns. The patterns become smoother and more wave-like as a person feels appreciation and other positive attitudes and emotions. This process reinforces an association in the brain between heart coherence (when the physiology is in sync) and positive feelings.

Who can benefit from the emWave PC System:

- Students needing greater management of stress, anxiety, and anger
- Students experiencing performance anxiety in test taking, sports, and public presentations
- Administrators who are fatigued or stressed
- Teachers who are fatigued or stressed



LEARNING AND TESTING

- Teachers teaching key concepts in health, physiology and biology classes

Different Learning and Testing Environments that Use the emWave PC:

- Regular classrooms
- Special Education classrooms
- Adult Education classrooms
- After school programs
- Learning and Tutoring Centers
- SAT test prep courses
- Counseling offices
- Therapeutic offices
- Clinics that treat ADD/ADHD/ED/Autism/Panic Disorders
- Computer labs
- Research projects
- Administrative offices
- University lecture halls
- Advisory programs
- Sports Training Camps
- Juvenile Correction Facilities

How to Use the emWave PC in the Classroom

1. **Introduce the emWave PC by doing a classroom demonstration.** Explain what the emWave PC is, how people benefit, and then ask for a volunteer to demonstrate the technology.
2. **Practice the Quick Coherence technique.** Before having the rest of the class use the emWave PC, guide the class through the Quick Coherence technique several times. Practicing this technique helps students perform better on the emWave PC.
3. **Have students identify a goal.** State that the goal of the emWave PC is to transfer the skills students learn with this technology to real-life situations where there is stress and conflict, or a need to perform better in some area of life.
4. **Begin Use of the emWave PC.** Instruct the entire class to first use the Heart Rhythm Display section. Their initial sessions should be short (two to three minutes at the most). Have them record their results on a scoring sheet or on the computer.



5. **Move onto the Software Games.** When students have improved to where the coherence score is 50% or less in the red bar (low coherence), then they are ready to begin playing the software games.
6. **Check regularly with students on their progress.** Frequently monitor students' use of the emWave PC, checking on their individual scores and how they are applying what they learn at school, home, or in relationships. Students should use the emWave PC a minimum of 6 to 10 times to best internalize the skill sets learned from this technology.

How to Use the emWave PC with Individuals

1. **Introduce the emWave PC.** Explain what the emWave PC is, how people benefit, and then ask the individual being counseled to try the technology.
2. **Practice the Quick Coherence technique.** Guide the individual through The Quick Coherence technique several times. Practicing this technique will help those being counseled to perform better on the emWave PC.
3. **Have the individual identify a goal.** State that the goal of the emWave PC is to transfer the skills an individual learns with this technology to real-life situations where there is stress and conflict, or a need to perform better in some area of life.
4. **Begin Use of the emWave.** Instruct the individual to first use the Heart Rhythm Display section. His or her initial session should be short (two minutes at the most). Have the individual record the results on a scoring sheet or on the computer.
5. **Move onto the Software Games.** When an individual has improved to where the coherence score is 50% or less in the red bar (low coherence), that person is ready to begin playing the software games.
6. **Check regularly on his or her progress.** Frequently monitor how the individual is doing with the emWave PC, checking on scores and applications at school, home, and in relationships. Individuals should use the emWave PC a minimum of 6 to 10 times to best internalize the skill sets learned from this technology.

Tips and Traps:

- Students perform better on the emWave PC if they are given time beforehand to practice the steps of the Quick Coherence technique. This includes practicing rhythmic heart breathing and clearly identifying an image (a person, place, or strong memory) that evokes a positive emotion.

