

## **The Anthony Integrated Learning Method**

The Anthony Integrated Learning Method (AILM) is an approach to learning which optimises learning efficiency, and speed. Dr. Marcus Anthony has created this system as an accompaniment to Futures Studies. The method has been developed over nearly twenty years of educational practice across Australia, New Zealand and Asia. It has been inspired by the disciplines of accelerated learning and Futures Studies.

The AILM is a system designed to equip people with the learning skills necessary to adapt and thrive in the world of the 21st century. It has been developed because in the 21st Century things are changing faster than ever before. A traditional knowledge based education is now inadequate to equip young people with the ability to live and work in today's society.

There are three essential sets of tools and processes which undergird the programme. They are Essential Learning Tools, Essential Cognitive Skills, And Essential Attitudes and States of Mind.

### **Essential Learning Tools**

These are the tools that will be used by the facilitator during the programme. They have been designed to optimise the learning outcomes of the CFP.

**Anticipatory Action Learning.** This is an approach to knowledge and the future with a specific learning ethos: people learn as they participate, do and apply (Inayatullah 2002). During the CFP, students are expected to apply their knowledge and understanding to real life issues and problems, and in workshops within individual and group learning sessions.

**Quick Intuitive Expression Technique: QUIET.** Dr Anthony developed this simple and easy to use technique to enhance students' capacities to access intuitive (tacit) knowledge (Torff & Sternberg 2001). It involves relaxing and allowing thoughts and images to enter the mind without direct control by the conscious mind. Such knowledge can be used to enhance more traditional "rational" learning methods. Similar methods have been used by other educators in recent years.

**Regulated exposure.** This is simply regular and repeated exposure to what is being learned so that it enters long term memory and becomes habitual.

**Visioning.** This method has long been used to enhance athletic performance, and has been adapted to learning processes in recent years, especially in the human potential movement (Canfield 2007). It involves the learner imagining herself being able to master the knowledge or discipline she is undertaking. This creates a positive expectation that the learner can master the essential skills and knowledge required.

**Affirmation:** These are positive words and phrases repeated to oneself. They are used to increase personal confidence in the learning process (Canfield 2007).

### **Essential Cognitive Skills:**

Many recent theorists have pointed out the necessity for modern education to expand upon the linear ways of knowing that have typified education in the industrial age (Czikszentmihalyi 1994, Gardner 2007, Milojevic 2005, Pink 2007). The CFP encourages students to employ a wide array of cognitive skills, including traditional "left-brained" rational ways of knowing, and more intuitive and "right-brained" methods. An exclusive focus upon cramming for exams and memorising

data retards students' ability to think at deeper and more profound levels. Society and work are becoming more complex. So-called left-brained thinking is no longer enough to thrive. Work and life in the near future will require people to have a greater range of cognitive abilities, including proficiency with intuitive, emotional, creative and spiritual intelligences. Finally, collective intelligence is a vital aspect of the programme, as working cooperatively with others is essential for the collective futures of humanity.

The following cognitive skills will be required during the programme.

**Rapid Decision Making:** The ability to make decisions quickly, decisively and effectively.

**Rational Analysis:** This includes the ability to classify, analyse, compare and contrast, come to conclusions, and then apply understandings.

**Metacognition:** The ability to reflect upon the learning process itself, with the goal of creating more efficient learning processes which produce outcomes more effectively and efficiently. Students in the CFP will develop their own unique learning portfolio.

**Intuitive Perception:** This includes emotional intelligence (Goleman 1997, Salovey & Pizarro 2003) and the ability to reflect deeply, and make accurate decisions using gut instincts.

**Creative and Innovative Thinking:** This is the ability to think in new and novel ways, to look at problems from different angles, with the aim of innovating effectively (Lubart 2003, Sternberg 2003).

**Spiritual Intelligence:** The capacity to ask and answer important questions about the ultimate meaning of things, including the purpose

of one's life. It includes developing goals and dreams which inspire passion, and a love of learning and life itself (Zohar & Marshall 2005).

**Collective Intelligence:** The ability to work effectively and intelligently with others to produce optimal outcomes (Gardner 2003).

### **Essential Attitudes and States of Mind:**

Attitudes and states of mind may often be intangible, but they are essential to learning. Those which form the focus of the CFP have been chosen to enhance the learning outcomes. They include:

**Confidence:** A strong belief in oneself and in one's ability to meet life's demands, overcome problems, and achieve personal goals.

**A positive mental attitude towards self, community and the future:** This means an attitude that is focused upon desired outcomes, not on fears or doubts.

**Equanimity:** The ability to remain calm and focused, even under conditions of stress or pressure.

**The ability to deal with confusion:** This is related to equanimity, and includes the capacity to deal with the uncertainty, complexity and information overload that are part of the modern world, while retaining inner composure.

**The ability and willingness to adapt to change:** The capacity to systematically confront change with confidence and a positive mindset, and make the necessary behavioural and cognitive shifts to accommodate that change.

**The willingness to embrace discomfort.** A commitment to go beyond one's comfort zone. The rapid rate of change in the modern world means that people have to adapt quickly to new information, situations,

and fields and disciplines of knowledge and understanding. As people get older they become comfortable with what they know and understand, and the kinds of situations they have regularly experienced during their lives. A willingness to embrace discomfort enhances the ability to adapt to new environments and acquire fresh knowledge.

**Empathy:** The ability to feel for others, including other races and peoples, and nature.

The addition of these essential tools and processes makes the CFP unique. It means there is a greater emphasis upon metacognition: reflecting upon the mental states that are required to deal with particular situations and problems. Dr Anthony will guide students through simple techniques designed to help them become more aware of their attitudes and states of mind, and how to deliberately create desirable mental states which empower their personal futures. The China Futures Programme therefore has an emphasis not simply upon learning information, but upon learning how to learn. This will equip students for their lives in future society and workplaces.

### **Wisdom and Leadership**

The ultimate outcome of all these skills and aptitudes is to create wise students who have the capacity to be the leaders of tomorrow. Therefore, **Wisdom** is the end state of the CFP, and the capacity for **Leadership** is the core outcome. Wisdom is the ability to apply knowledge to everyday life, in accurate and simple ways. It also includes a subtle capacity to relate to others, and to teach what one has learned. Leadership is the ability to show the way for others, through creating inspiring and meaningful visions, and being able to effectively motivate them.

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