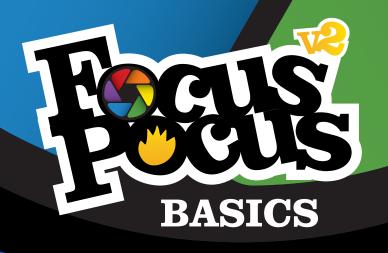# Focus Pocus Basics

Wizard's School

- Focus Pocus is designed to help users retain information, stay on task and concentrate

- Wizard's School takes the user through 25 sessions at their own pace, with best results achieved if training occurs every 2nd day

- There are 4 short "brain tests" before Wizard's School sessions 1, 9, 17 and 25 - you'll see results in the final FocusIn report

- A Wizard's School session consists of 14 games, plus the Boss game (optional)

- The Boss game is a reward for a Wizard's School session – it's for fun - unlocks earned during School are used to help you beat the boss!

- After Wizard's School is complete, try some 'booster' training in Challenge mode once or twice a week

- In Challenge mode, you choose which game to play, which brain-control to use, and how hard the game will be

- Each game starts with Grand Wizard instructions, but for tips on how to play click the SHOW ME button

Headset Connection

- If the headset connection is not good, give the ear-clip a gentle squeeze – this usually improves things!

Brain Control

- The brain-controlled games take time to master – be patient and see the tips below - first you develop awareness, then you develop control!

- It's OK to practice the brain-controlled games (e.g. Grow a Beard, Broomstick Racing) in Challenge mode before Wizard's School

- For Relax, low numbers mean you are feeling tense, while high numbers mean you are feeling calm. To get high numbers try to take a deep breath and exhale slowly, or relax your muscles

- For Focus, low numbers mean you are not very focussed, while high numbers mean you are very focussed. To get high numbers try to concentrate on your wizard, or imagine what you want your wizard to do

- Zen is a combination of Focus and Relax, with low numbers meaning you are tense and not focussed and high numbers meaning you are calm and focussed – high is ideal! To get high numbers try to breath slowly and concentrate on your wizard, or relax your muscles and imagine what you want your wizard to do

iPad