

Auditory Learners:

- Try reading notes out loud
- Make recordings/podcasts of your notes and play them back to yourself
- Create rhymes and phrases to remember facts
- Talk through the topic with your friends
- Make sure you sit near the front of the class so you can hear the teacher well

Kinaesthetic Learners:

- ❖ Try walking around while reading notes
- ❖ Get involved in practical lessons
- ❖ Take regular breaks and get up and move
- ❖ Colour in your notes
- ❖ Make mind maps and highlight key facts
- ❖ Set yourself goals and reward yourself for achieving them
- ❖ Stay motivated
- ❖ Try to think of study time in a positive way

In general people in a learning situation retain:

- **10%** of what they read
- **20%** of what they hear
- **30%** of what they see
- **50%** of what they see and hear
- **70%** of what they talk over with others
- **80%** of what they use and do in real life
- **95%** of what they teach someone else to do



Time Management Tips:

- **Make a list** of things you need to do, and prioritise what needs to be done based on importance and due date
- **When do I study?** Some people work best in the morning, others at night, identify when you are best and plan your study around that.
- **Study difficult subjects first** - putting things off only delays the inevitable, break the task into small sections.
- **Keep Focused** - don't get distracted by TV programmes, take regular short breaks
- **Breakdown your workload** into specific targets for each study period, giving a sense of achievement after each completed task.

- **Allow time for leisure** - a healthy balance is crucial to success, keep your diary up to date, ticking off completed work and amending your timings if necessary.

Remember - attitude is everything, organisation is the key!

How to study:

- Choose a suitable space with few distractions
- Be organised

A healthy body & healthy mind:

- Get plenty of sleep
- Eat well
- Stay hydrated
- c3b4me - consult 3 sources before asking subject teachers for help

Can you use the following resources to answer your question???

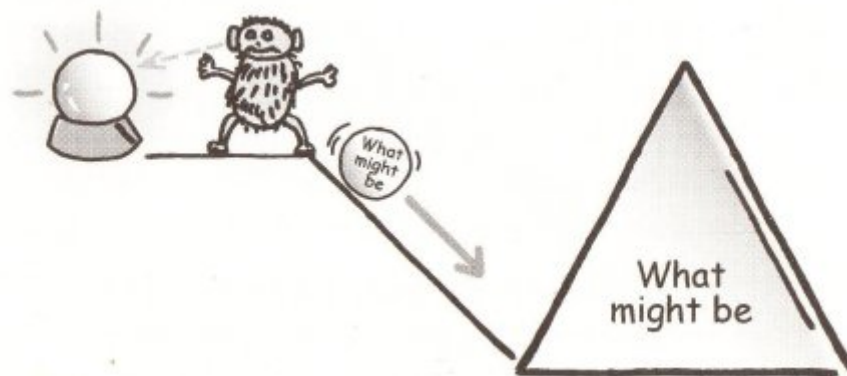
- Exercise book
- Text book
- Ask a friend
- Displays in school
- Library resources
- Subject mentors
- Internet
- Study Groups



Study groups:

- Help you stay motivated
- Improve your understanding by testing
- Make studying more enjoyable

The Crystal Ball Gremlin and the Snow Mountain



This talks about the dangers of “crystal-ball gazing”; looking into the future and trying to predict what is going to happen.

“This typically leads to unhappiness.” This is because **the crystal ball rarely shows a happy future.**

So the “Crystal-ball Gremlin” looks into the future and sees doom and gloom (e.g. poor exam results, examination stress etc.)

The Crystal-ball Gremlin makes a ‘what might be’ snowball and pushes it down the slope. As the snowball rolls down the slope it gathers more and more snow to become a mountain. The snowball forms a ‘what might be’ snow mountain. You are now trapped with a mountain, worrying about all these “what might be” scenarios.

Here’s what we should do!!

Smash the crystal ball, kick out the Gremlin, and consciously replace it with the thought **“I’ll cross each bridge as I come to it”**.

In other words, don’t make snowballs by guessing what will happen, **stay in the here and now and deal with things as they unfold.**

How often have you put yourself through misery and anxiety about something (an end of unit test, mock examinations, coursework deadlines etc.) only to find that the thing you were worrying about was actually not so bad?

So - create less “what might be” snowballs (i.e. stop obsessively looking into the crystal ball), and concentrate on the present!!

Adopt a "can do" attitude!!