

St Luke's Study Support!



All students should try using these strategies and skills.

Have a read through and give them a try!

Understanding: Your brain will not memorise something it does not understand. Therefore it is vital that you know what everything means before you start to learn it. So there are three steps that you have to go through in order to really begin to understand something:

Read	One of the ways the brain receives information
Make sense of it	Listen to teachers' explanations, read more about the subject or ask friends to explain certain points to you
Summarise	Get rid of the information you don't need, keeping the key points that you need to remember

In order to really understand what a piece of text means, you must summarise the information so that it is easily accessible.

Six Questions: In order to find out all the relevant information you need from a piece of text, a movie or a lecture, you need to ask six questions:

WHO?
WHAT?
WHY?
WHERE?
WHEN?
HOW?

Once you have an answer to each of these questions, then you can put all of these answers into order by building a hierarchy of the information.

Memory Process: To do well as a student depends to a large extent on how efficiently you can:

1. Put information into your memory
2. Keep it there
3. Get it out when needed

There are two types of memory systems:

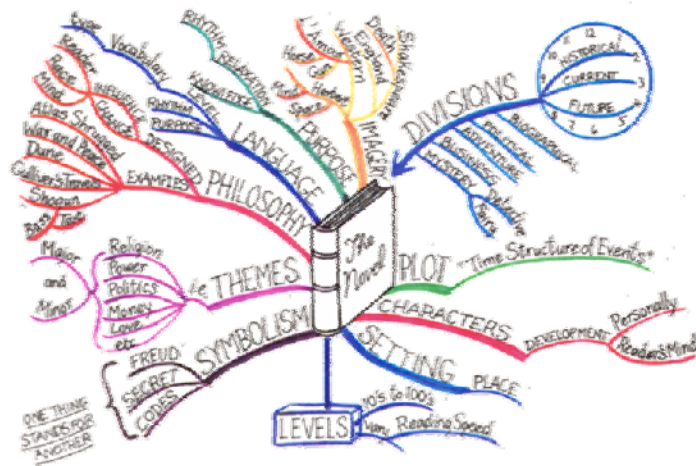
Natural Memory Systems Understanding the meaning or logic of the information you are studying.
Aided Memory Systems Ways of remembering information creating relationships between words using your imagination.

DID YOU KNOW?	If you were asked to remember all the names of all the people in the whole world (that's 6 billion people) you would only use up approximately 2% of your memory's capacity!
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Revision: Good news and bad news! The **good news** is that the more you read, the more you understand. The **bad news** is that the longer you read, the less you remember!! It takes 20 minutes for the mind to get into the rhythm flow of the material but after about 40 minutes we stop remembering information. **Solution:** organise your study periods into 30 minute sessions with five minute breaks between them. This will allow you to maintain a high level of recall of material memorised while your level of understanding will continue to rise. "**Studying without revision, is like running a bath without the plug in!**" Remember, up to 80% of new memorising is lost in the first 24 hours, so keep going over and over the information. The more times you revise, the quicker it will be to recall, which means you will have to spend less time revising!

Summarising: All books, movies, lectures, conversations, magazine articles, TV shows, etc., contain two things: **Repetition:** saying the same things over and over again but in a different way each time. **Irrelevant information:** stuff you just don't need to know! In fact, if you got rid of all the repetition and irrelevant information from all books, movies, lectures etc., you could throw away about 80% of everything you read, watch or listen to! In order to get rid of repetition and irrelevant information you need to ask six questions about the information and then put the answers into a hierarchy.

Association Maps: A-Maps summarise and link information. They start with the THEME and then show our MAIN IDEAS, our SECONDARY IDEAS and our TERTIARY IDEAS. Information must be written on the lines.

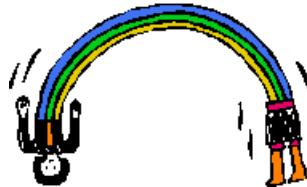


Mnemonics: Mnemonics should be **imaginative, creative** and **fun**. You should be able to see pictures in your head and if they make you laugh, then you will remember them more easily. Take the **first** letter of each word you are trying to remember and create a silly sentence from those letters.



COMPASS

North	Naughty
East	Elephants
South	Squirt
West	Water



RAINBOW

Red	Richard
Orange	Of
Yellow	York
Green	Gave
Blue	Battle
Indigo	In
Violet	Vain

Association: The words "to associate" means to **link**, to **connect**, to **join** or to **relate**. When used to remember information, an association is something that links one thing with another in your mind. The **bigger, stranger, funnier** and **weirder** the association, the more chance you have of remembering the information.



For example: instead of just trying to remember an object such as "a car", try and use your imagination to really **see** this car: it's colour, shape, the sound it makes as it dives off, the look and feel of the interior, etc. Create a car in your mind. Make it real!

Visual Image Chains: An easy way to remember a list of words, in order, is to **associate** each word with a sound, sight or feeling and then link it to the next word on your list using a story or association between the

two words. **For example:** Let's say you had to remember the following list of words: **Bus, Milk, Dog, Apple Pie, House, Fly, Banjo, TV** and **Pencil**. The best way to remember these words is to create a **funny, strange** and **very imaginative** story that links all of these words together.

Imagine a bus. It can be a big or small bus. See a bus in your mind.



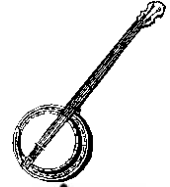
Sitting inside of the house is a very big, very bored and very fat...fly.



The bus is filled up to the top with...milk. The milk can be in bottles or just sloshing about. Maybe it is 10-day old milk and really smells!



The fly is so bored that it is picking out a tune on the banjo. What does that look like? What does it sound like?!!



Sitting on top of this bus is a dog. It can be a big or small dog. A green or blue dog. Maybe it even has three heads!



While the fly is playing the banjo, it is watching TV. What's on TV? How loud is it? How big is the TV?



The dog is eating an apple pie. The pie may be freshly baked with steam rising from it. Hear the sound it makes as it gently sizzles away. Yum!



But because the house is quite small, the TV is very carefully balanced on the tip of a pen. What does that look like? Is the TV about to fall off or does it look quite secure?



Anyway, as the bus is going along, it crashes into a house. What does that sound like? What does it look like? How does the dog feel as it flies off the bus as the bus crashes into the house?



Memorising Strategy: There are eight factors that help you to memorise:

1. Be Relaxed



2. Believe in your capacity



3. Get excited about the work



4. Actively notice



5. Exaggerate



6. Associate



7. Use different memory modes

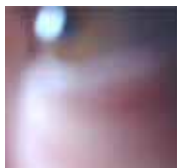


8. Revise



How do you prefer to learn? Try all three!

Visually:
Learn best by
seeing
pictures,
diagrams, etc.



Auditory:
Learn best by
hearing and
speaking



Kinaesthetic:
Learn best by
doing, moving,
experiencing, etc.



- Draw pictures and diagrams
- Colour code your work
- Use different colour paper and pens
- Use your own system of symbols, etc.
- Create images or scenes in your mind

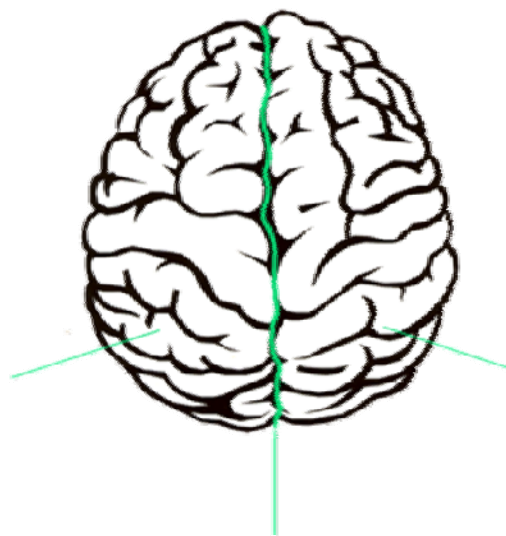
- Say your work out loud – give presentations to an imaginary audience
- Record notes (etc.) on tape
- Use silly noises to remember things.
- Hear the information in your mind
- Play instrumental music

- Do actions when learning key facts
- Walk about when learning
- No need to sit at a desk
- Add emotions and textures to exaggerate information.
- Try to **experience** what you are learning

The two sides of your brain

Language
Logic
Numbers
Sequence
Words
Order

The left side



Rhyme
Rhythm and music
Pictures
Patterns

The right side

Be fair... get both sides involved!
Learning is most effective when it's fun!