



STUDY TIPS & TRICKS

FIELDS COLLEGE CARES



LEARNING

Tips

Minimise distractions

1



Reduce the amount of distractions including mobile phones, social media and television. Avoid multitasking as it can impair both long-term and working memory (short-term) memory.

EDUCATORS:

Set rules about the use of technology in the classroom; encourage students to focus on one task at a time.

Use active testing or recall

2



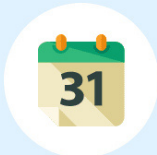
Doing quizzes or forcing yourself to actively recall information is linked to deeper memory formation than when you passively review notes.

EDUCATORS:

Make quizzes or assessment tools available to students.

Spread out learning

3



For long-term retention, spacing study session apart is far more effective than when information is learned en masse in one long session. Revise regularly whether it is done weekly or each day.

EDUCATORS:

Periodically review topics throughout a term.

Mix things up

4



Mixing up the practice of several interrelated skills can boost performance in the long run. Known as 'interleaving'—this method can improve motor learning.

EDUCATORS:

Intermix step-by-step worked solutions with problem-solving exercises, or provide students with revision material that combines practice questions about multiple topics.

Combine speaking with images

5



Research has found that processing images and spoken words simultaneously has no negative effect on how well we remember them.

EDUCATORS:

Use relevant non-text images as teaching aids, in the form of large presentation visuals or image-based handouts.

Use stories

6



Remembering an abstract concept can be improved by concrete examples or stories. Mnemonics, or memory aids, and stories help you form associations between the content you want to remember.

EDUCATORS:

Provide context, real-world examples, or stories for concepts being taught.

Study Motivation: Techniques to get started

Eat the elephant: **break down large tasks** into small chunks

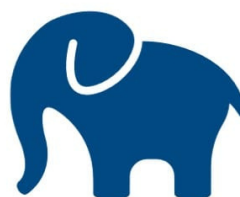
1. Pick your topic or task

2. Break it down into sections

3. Break down each section into manageable bites

What has to happen?

and so on...

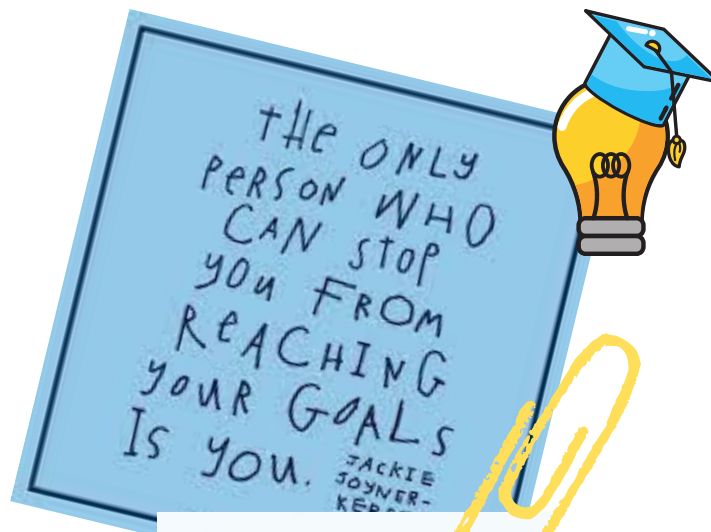


I need to revise for Biology

My Biology course has four sections

Each section has five topics

Bite-sized chunk: Revising one topic will take an hour



WORK HARDER. BE BETTER.



BYU INDEPENDENT STUDY

10 Secrets to get Better Grades

THE 10 BEST WAYS TO IMPROVE YOUR GRADES NOW!!!



1.) GET ORGANIZED

Schedule when you are going to sit down and study! It's easier to stick to something after you've planned out time specifically for it.

2.) DO THE HOMEWORK

Even if it doesn't count! It's important to fully understand all of the homework so you don't get behind. Plus you won't have to study as much for tests!



3.) UNDERSTAND THE READING

There's a difference between reading it over and actually understanding it. Actively absorb the information instead of skimming it and don't move on until you understand it!

4.) MAKE MNEMONICS

Use simple tricks to remember the information easier! For example, to remember the colors in the rainbow people use, "Richard of York Gave Battle In Vain."



5.) STUDY BETWEEN TESTS

Try and make a habit to go over the material you've learned once a week. Then a week before the big test, study one hour a night to review the material you already know. Then you'll be able to get a full night's sleep the night before!

6.) FIND A STUDY GROUP

Spice up your studying with a study group. Not only does it make studying more fun but it's a great way to help you remember information.



7.) STAY MOTIVATED

Eyes on the prize!! Remember why grades are important! By staying motivated and knowing how many doors good grades open, you'll work harder to succeed in school.

8.) GET A GOOD NIGHTS SLEEP

While you sleep your brain moves facts from short term to long term memory. So one of the best things you can do to improve your grades is get a good night's sleep.



9.) KNOW YOUR LEARNING STYLE

Most people fall under the "VARK Model" ...Visual, Auditory, Read & Write, or Kinesthetic Learning. Once you figure out your learning style you'll become much more productive when you study!

10.) BE CONFIDENT!

Be confident in yourself and your ability to learn and you'll see changes. Even if you have to fake it at first, you'll make changes over time.



EXAM TIPS

Secret Ways which will take your learning to the next level
By Farhan

LET'S START

GIVE YOURSELF ENOUGH TIME TO STUDY

Make a study schedule that fits your way of studying and do not leave anything for the last minute.

USE TIME WISELY



STUDY TABLE



ENSURE STUDY SPACE IS ORGANIZED

Make sure you have enough space on your desk to spread your textbooks and notes. Ensuring that the room is sufficiently bright and your chair restful enough are also points to consider.

USE FLOW CHARTS AND DIAGRAMS

Visual aids can be especially helpful when revising study material. At the start of a topic, write down everything you already know about the subject.

CHARTS AND PICTURES



PREVIOUS EXAM PAPERS



PRACTICE ON OLD EXAMS

An old test will help you see the format and formulation of the questions and it will be good for you to know what to expect but also as a worthy practice for measuring the time you need for the actual test.

Do not forget

'Education is the most powerful weapon we can use to change the world.'

NELSON MANDELA