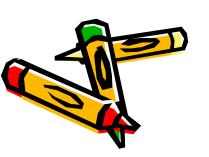


Success in a nutshell



What does your study environment look like?

- · Routine
- Order/Cleanliness
- Organization
- Quiet/Avoid Distractions
- De-stress
- Don't try to study on an empty stomach or full belly
- Be sure you aren't too tired!
- Manage your time
- Address Procrastination!

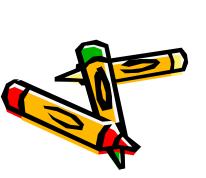




FIND YOUR STYLE!

What works for one may not work for another!

- Know YOUR Learning Style
- What is a learning style?
 - It is the way that we absorb information.
 - 3 types of learning styles:
 - 1. Auditory
 - 2. Visual
 - 3. Tactile/Kinesthetic







Advice for Auditory Learners

As an auditory learner, you learn best when you can hear the information.

- Participate frequently in discussions and debates
- Make speeches and presentations
- · Record lectures if possible instead of (or as well as) making notes
- Read text aloud
- · Create musical jingles and mnemonics to aid memory
- · Discuss your ideas verbally with someone else or a group
- · Dictate to someone else while they write your ideas down

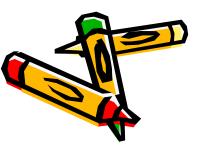


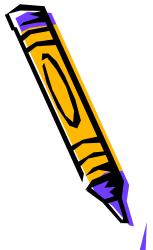


Study Tips for Auditory Learners!



- Groups/Study Buddies
- · REPETITION!!
- · Quiz yourself out loud
- Read out loud
- Teach someone else
- Avoid other auditory distractions
- REPETITION!! ☺







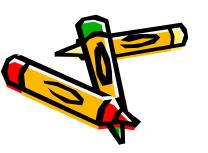
Mnemonic Devices

 Mnemonics is a mind memory or learning aid which helps you associate an idea or concept with an easy to remember construct.

Acronyms

(Think Text Speak)

- -NFL (National Football League)
- -Great Lakes is HOMES (Huron, Ontario, Michigan, Erie, Superior)
- -ROYGBIV (colors of the visible spectrum red, orange, yellow, green, blue, indigo, violet)
- —IPMAT (stages of cell division Interphase, Prophase, Metaphase, Anaphase, Telephase)
- -KISS (keep it short and simple)



Acrostics

Much like acronyms, the first letter in a word in a series are used to create a single word.

EveryPleaseMy

Good ExcuseVery

BoyMyEnergetic

Deserves DearMonkey

Fudge Aunt Just

SallyServed

Us

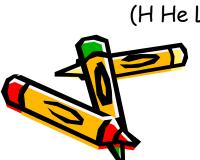
Nacho

*Plates

First eighteen elements in the periodic table:

Here He Lies Beneath Bed Clothes, Nothing On, Feeling Nervous. Naughty Margaret Always Sighs, "Please Stop Clowning Around."

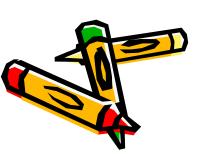
(H He Li Be B C N O F Ne Na Mg Al Si P S Cl Ar.)

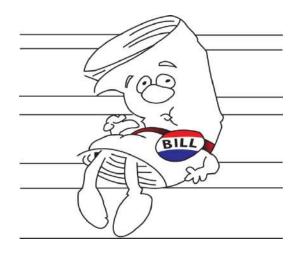




Songs/Jingles/Rhymes/Raps and other fun with words

- Columbus sailed the ocean blue in 1492
- Thirty days has September...
- I before E except after C and weird is just weird
- When the face is RED, Raise the HEAD. When the face is PALE, Raise the TAIL.
- Righty tighty, lefty loosy
- The word calendar ends in ar the same as year does
- Schoolhouse Rock!
- They Might Be Giants
- Des Moines, Iowa ©





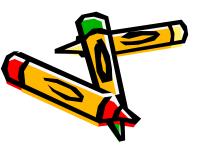


- On one side, write the answer
- On the other side, write the question, concept or cue
- Shuffle the cards. Test questions won't always be in the same order as your study guide.
- Benefits of flash cards
- Portable, quick, cheap, and effective



As a visual learner, you learn best when information is presented in written form or visually.

- Read the textbook
- •Use visual materials such as pictures, charts, and maps
- •Use color to highlight texts and own notes
- Take notes or use hand-outs; look carefully at headings and patterns of topics
- ·Brainstorm using illustrations, mind maps and models
- •Use multi-media where possible (computers; mind maps)
- ·Study in a quiet place away from visual disturbances
- •Visualise information as a picture
- •Skim-read to get an overview before reading in detail.



Study Tips for Visual Learners

- WRITE IT OUT!
- Use color highlighters and <u>notebooks</u>
- Take notes
- <u>Underline</u>, <u>circle</u>, highlight
- Borrow other notes to compare
- Draw pictures to illustrate ideas A
- Outline, pictures, graphs, charts, diagrams
- Test yourself create quizzes
- Mind maps
- Watch teachers carefully body language
- FLASHCARDS!
- Make your study area visually appealing





Grouping





















VISUALIZATION

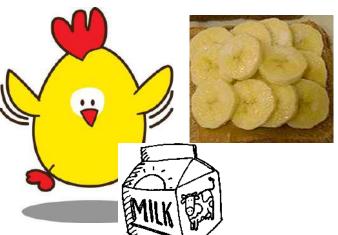
Turn that list of words into images and subsequently find ways to connect those images through absurd stories. You can connect a particular word with its shape or imagine the item doing a particular action. This is useful for remembering a shopping list, an appointment or even where you placed your car keys.

The sillier the better!

•If you are going to the grocery store to pick up five items (e.g., chicken, milk, bread, bananas and laundry detergent), think of a chicken washing clothes while eating a banana sandwich with milk. The crazier the mental picture, the better.









- · On one side, write the answer
- On the other side, write the question, concept or cue
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Advice for Tactile/Kinesthetic Learners

As a tactile learner, you learn best from hands-on experience where you can manipulate something in order to learn about it. The more you are able to touch and manipulate the information the easier it will be for you to learn. You learn by doing so you tend to learn better when some type of physical activity is involved.

- Take frequent study breaks
- Move around to learn new things (e.g. read while you are using an exercise bike; model in clay to learn a new concept)
- Stand up to work
- Use bright colors to highlight reading material and turn it into posters or models
- · · Skim-read before reading in detail.

Study Tips for Tactile Learners

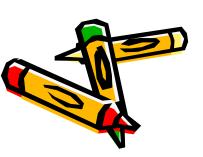
- Walk around or jog
- HOLD the book instead of laying it on the desk
- Write WHILE you read
- Practice breathing slowly
- Write with fingers in the sand, use a stress ball, coin, rock, or other object
- WRITE LISTS!
- Use the computer to re-write notes

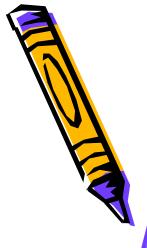




- FLASHCARDS
- Yo-yo
- Doodle
- Charts, maps, graphs, models
- · Use finger or bookmark as a guide while you read
- · Underline, copy, highlight
- Chew gum
- · Act things out
- Study while exercising









- · On one side, write the answer
- On the other side, write the question, concept or cue
- Shuffle the cards. Test questions won't always be in the same order as your study guide.
- Benefits of flash cards
- Portable, quick, cheap, and effective

Other



- Make a reminder sign
- -backpack, purse, mirror, dashboard, door
- Tie a shopping bag or string to doorknob, backpack
- Leave yourself a msg
- Set a reminder/alarm on your phone
- Date books, calendars, AGENDAS
- Lists
- Rubber-bands
- Switch watch or ring to other side





