LEARN how to learn

Your brain is designed to learn. When you were born your brain had all its nerve cells or neurons, but they were not all connected to each other.

Over time with learning skills, you have trained your brain to connect these neurons. The more you use them the stronger they become.

How do YOU learn?

We learn stuff every day – but some people struggle to learn more than others – at school especially.

It is not necessarily that the brain is slow or the work is difficult – it is just that the learning pattern or method could need improving.

EVALUATE YOUR OWN LEARNING AND STUDY SKILLS BY DOING THE TEST.

Perhaps with a few small changes you will find yourself with improved grades!

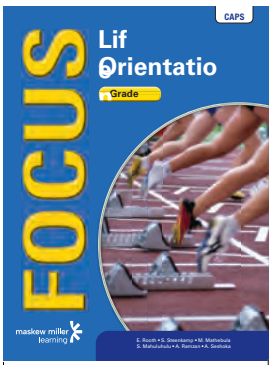
Answer YES or NO to the questions, then check the guide:

WHEN YOU LEARN, DO YOU:	YES	NO
• have a quiet place where you study with no distractions?	☐	☐
• plan ahead and use a study timetable?	☐	☐
• get enough sleep?	☐	☐
• use visuals such as mind maps, colours and flash cards?	☐	☐
• make summaries?	☐	☐
• write short notes?	☐	☐
• study every day?	☐	☐
• always study for tests and exams?	☐	☐
• manage your time well?	☐	☐
• do your work immediately and not procrastinate?	☐	☐
• revise and use old exams and test questions?	☐	☐
• get organised?	☐	☐
• study vocally and speak to yourself to help you remember?	☐	☐
• revise your work?	☐	☐
• practice – by teaching what you have learnt to someone else?	☐	☐
• put away your phone?	☐	☐
• take short breaks when you are studying to refresh?	☐	☐

ANALYSIS

If you have answered YES to all the questions you are well on your way with good learning skills.

If you have answered NO to more than three questions, you need to pay careful attention and improve on how you study. This is the only way you will reach your full study potential.



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