


TAUPO-NUI-A-TIA COLLEGE

STUDY SKILLS TIPS





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- Use lots of colour. Colours are something you learn when you are very young and it is near/related to long term memory. Use colours to organise information, when you write study notes.
 - Drink 6 - 8 glasses of water per day. Your body is 75% water, the synapses in your brain send electric currents. The best conductor of electricity is water so keep hydrated.
 - Learn most important information first. Your teacher will say this is important, this always comes up etc.
 - Learn the information you don't know eg: spelling, don't practice words you know - waste of time.
 - Revise most important information last.
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LEARNING STYLES

Visual - 70% of information from eyes - words turned into pictures help retention.

Kinesthetic - doing learning when moving, change rooms for different learning, moving and exercise calms the brain, the body is the strongest memory eg riding a bike.

Olfactory - sense of smell can influence learning. Rosemary - calms you down, Lemon - produces productivity, Peppermint - wakes up the brain, Basil - enhances the memory.



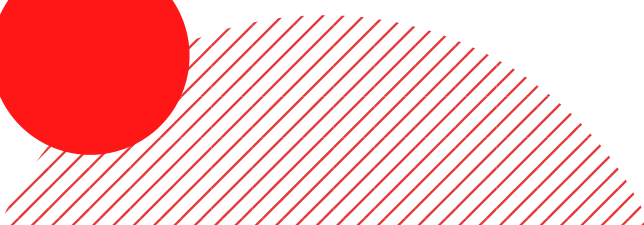
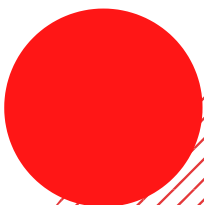
Gustatory - brain foods, blueberries, nuts, fish, broccoli, banana, yogurt, olive oil, wholegrain bread, spinach, tomatoes, plain popcorn.





7 KEYS TO MEMORY

- **Primary** - First in last out (like when you get in a lift. Can you remember your first day at secondary school, first major injury, first driving lesson etc.
- **Recently** (most recent things). Best to break up your hour you have 3 primary and 3 recent hot spots. Break - means air, water, exercise, leave the room - your brain stores time and place when learning (istudy alarm app for \$2.50).
- **Repetition** - go over and over and over. To get the ball in the hoop for basketball, netball etc, it takes practice, practice, practice. Go over notes 1 day, 1 week, 1 month, 6 months after learning. Use a notebook, summarise notes from class, visual recall, make coloured diagrams/notes. Go over notes the day after learning = 90% retention. 3 days after learning = 30% recall.
- Make important information **stand out** - make it funny weird or strange. Make up funny anagrams to remember information.
- **Association** - link things together that go together, create real life examples - use google (Itunes U-University content for free) eg Hamlet - the Lion King, link squares of numbers and square roots. (no excuse for not understanding).
- **Visual** - draw diagrams, pictures, doodles, make flash cards, use colour.
- **Chunking**- breaking into small manageable pieces. Learn 3 - 4 pieces of information at a time.
- **Talk** about information as much as possible - to yourself, the dog, other students - talking sends oxygen to the brain and helps memory by 90%.
- Brains cannot multi task move information to the brain you cannot write and learn, you need to move written notes to long term memory.





FINAL IMPORTANT TIPS

- Get everything ready before you sit down.
- Natural light is best, study with low lighting.
- Venue - study in your best thinking place - desk/table, worst place is bed.
- Turn off all social media, computers, phones, facebook etc. It is too easy to be distracted.
- Use colour for notes, pictures and frame important information.
- Eat breakfast so your brain has fuel to run on from the start of the day.
- When studying eat brain food at least once an hour.
- Put important information high up on wall.
- When you cant remember look up.
- Wear comfortable clothes.
- Study with quiet music - no words (Bach in background, Mozart = maths and languages, also Vivaldi, Handel, Corelli).
- Study at your best thinking time - it maybe first thing in the morning, trial times not always best late at night, you may be more productive/fresher early in the morning.

