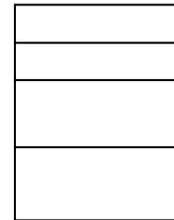
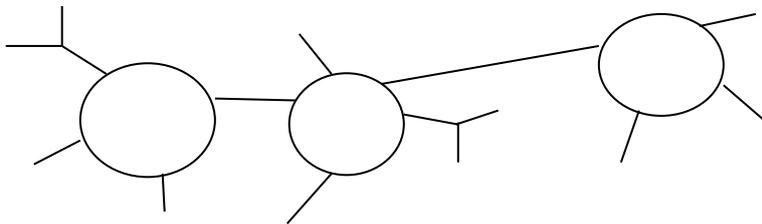
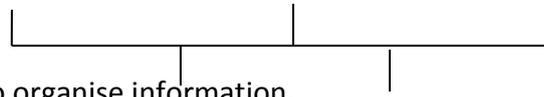


Study Techniques

Organise revision information creatively!

- Employ lists, like this one!
- Try time lines; cycle/flow charts; grids to organise information.
- Use mind maps/spider diagrams to link ideas and information.



- Write skeleton essay plans.
- Read your notes aloud. You could even play the role of a teacher trying to explain the subject to the class.
- Have a variety of coloured pens, and highlighters to make your notes memorable.
- Talk to friends, share ideas, and work things out together.
- Practise old exam questions (often available on QOL).
- Use post-its: to record important information; either to distinguish it on the page or to stick in locations in your room/home.
- Take a photo (on your phone) of an important diagram/quotation so that you can look at it when away from your desk.
- Record yourself (on your phone) explaining key terms, definitions, the explanation for a difficult topic etc. and play them back to yourself.
- Use 'dead' time, like car and bus journeys, by listening to pre-recordings or reading notes.
- If you have other tasks to take care of, spend ten minutes prior to this browsing a chapter and looking over notes, and then while you are doing your task rehearse the information in your head, or try to solve a study problem in your head.

Consider the **space** in which you are studying – is it the right environment for productive, distraction-free study? How could you minimise distractions?

Be sure to effectively manage your time (see LDS resources on this topic).

Memory Techniques

- Nonsense words/acronyms, like ROYGBIV (colours of rainbow).
- Rhymes/songs.
- Journey pegs. This is where you give objects on a familiar journey certain significances to help memorise the important points of a topic and to master a specific order.
- Numbered lists.
- Summarise notes, and then distil them down further into bullet points for easy recall. Transfer these bullet points to index cards.
- Split your page in two so that on the left hand side you can write key summary points/ helpful diagrams, alongside your full notes on the right hand side. Practise looking at the key word, thinking around the point, and then check to see if you have covered the information required.
- The 'look and cover' technique: read or try to learn something, cover the page and write down what you remember. Check what you got right and then try again.
- The 'practise and review' technique: read the notes, write out the key points, and rewrite it. Do something else for 10 minutes or so, rewrite it again. Return to it after an hour, and then after 24 hours and rewrite it each time. If you struggle to remember the topic or leave out points at each stage then repeat from the start. This is especially useful when you need to learn critical information.
- At the end of a revision session, review key points to help reinforce them.

Bored? Break up the work into different activities; set targets and reward yourself for reaching them; alternate your working space.

Worried? Set a focus for each revision session and plan so that you know everything will eventually be covered; practise relaxation techniques; talk to the Counselling Service.

Overwhelmed? Remember to be selective in your learning; set a specific amount of tasks to achieve every day; use a timetable; talk to the Counselling Service.

Build rewards and relaxation time into every day of study.

See also the LDS study tips, time management and exam preparation sheets.