

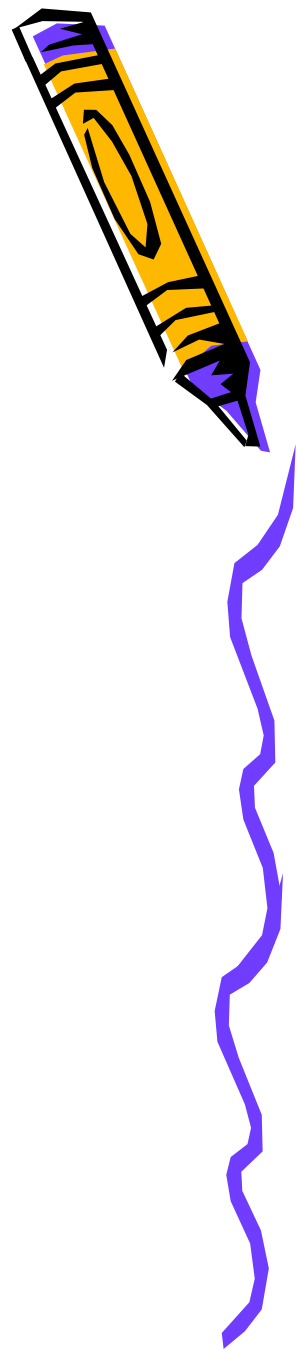
Teacher Notes

- Where possible relate the material on this PowerPoint to your own subject.
- There may be too much material here for a 40 minute class. Choose the parts/ slides that are most relevant to your subject.
- Focus on these slides and move quickly through the others.
- Slides 8 to 11 contain an exercise on memory. The students will need a pen and paper.
- Slide 12 contains a short video clip. Press play – speakers need to be on.
- Slide 26 is used in conjunction with the workbook. If you wish (& have the time) the students can fill this in in pairs during class.

Killina Presentation Secondary School



Study Skills Programme



Aim of the Study Skills Programme

To give you the skills to be a more effective learner

This class is about:

- How the mind works
- Your Learning Style



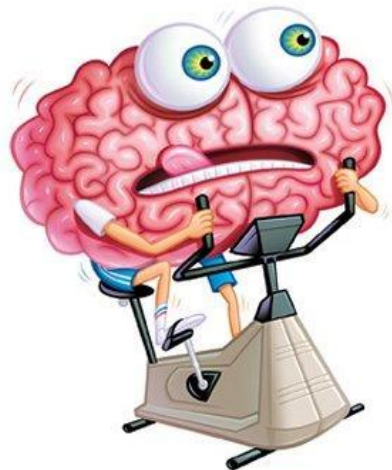
Study Skills for School Success!

1. Students want to do well in school
2. Students who consistently do well in school practice good study habits and are well organized
3. Study skills and organizational skills do not come naturally to most people – they must be learned



How do we Learn?

- Studying is about making memories
- Memories are made by *encoding, storage and retrieval*
- There is no magic formula for studying well
- Exercise your brain to improve your memory



How do we Learn?

- **Encoding**
- When we receive information, it is processed in our brain
- Our brain processes what we *see, hear, feel* and makes a memory
- The memory is made stronger if it is linked to something we already know

How do we Learn?

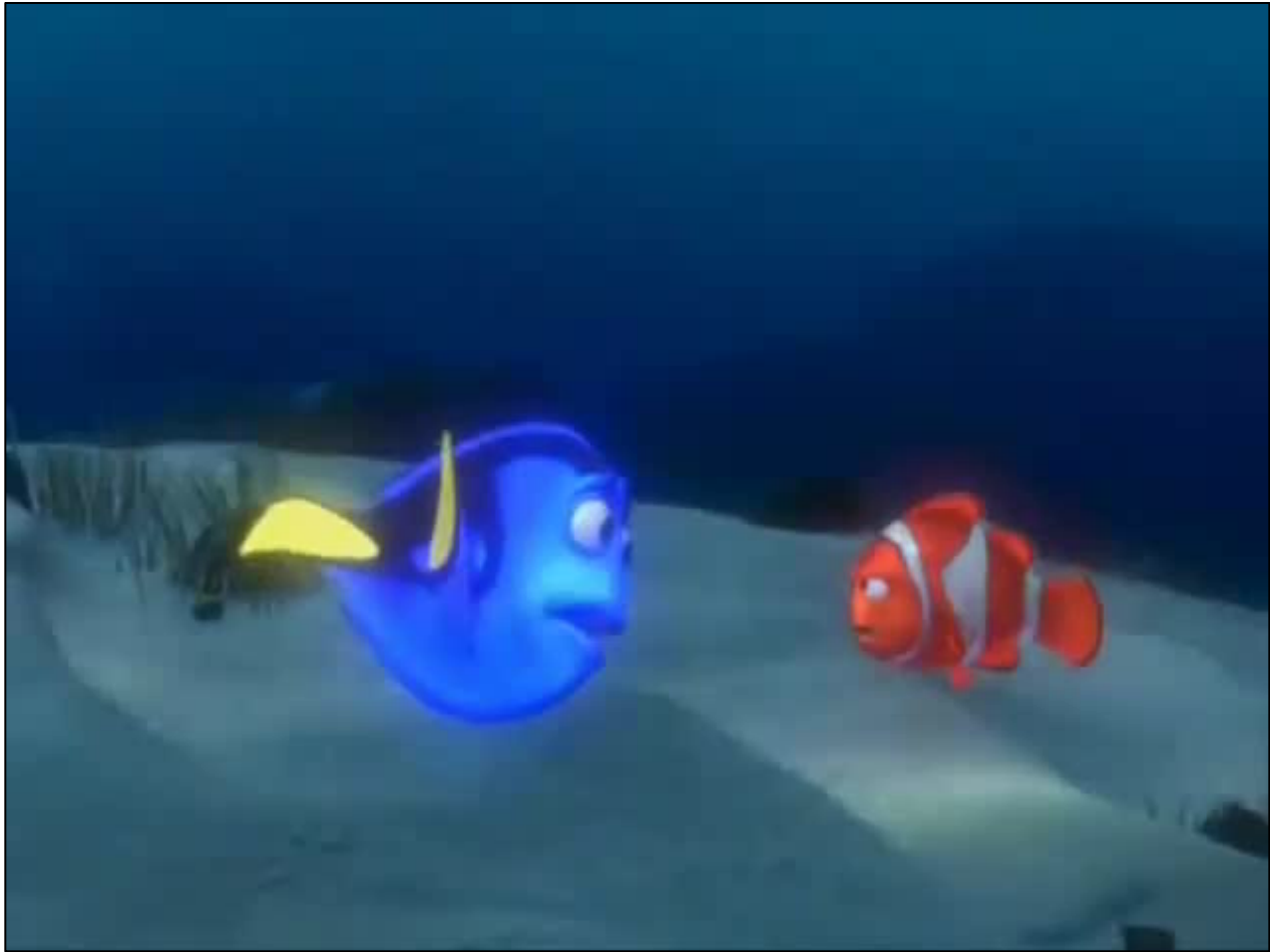
- **Storage**
- After the memory is created, it is stored
- At first it is stored in short term memory
- Short term memory holds about 7 items for 20/30 seconds- try this test
- Look at the following list of words for 1 minute. How many can you remember?

Nine	Swap	Cell	Ring	Car
Plugs	Lamp	Apple	Table	Sway
Army	Bank	Fire	Hold	Worm
Clock	Horse	Colour	Baby	Sword
Desk	Hold	Find	Bird	Rock

- Now try the experiment again
- Look at the list of words for a minute- how many can you remember this time?

Horse	Cat	Dog	Fish	Bird
Orange	Yellow	Blue	Green	Black
Table	Chair	Desk	Shelf	Bed
Teacher	School	Class	Copy	Student
Apple	Banana	Kiwi	Grape	Mango

- You probably found the 2nd list easier to remember
- Our brain can form a stronger memory because the words were **linked** by themes
- This is stored in our **Short Term Memory** and is quickly forgotten



- Short Term memories are quickly forgotten
- Information is gradually transferred from Short Term to Long Term Memory
- Information stored in **Long Term Memory** can last a lifetime

Question:

- How can you transfer information into Long Term Memory?
- How does this relate to your study?

How do we Learn?

- **Retrieval**
- Retrieval is remembering what was learned
- The better the material is organised when learning, the easier it is to remember
- Use memory cues

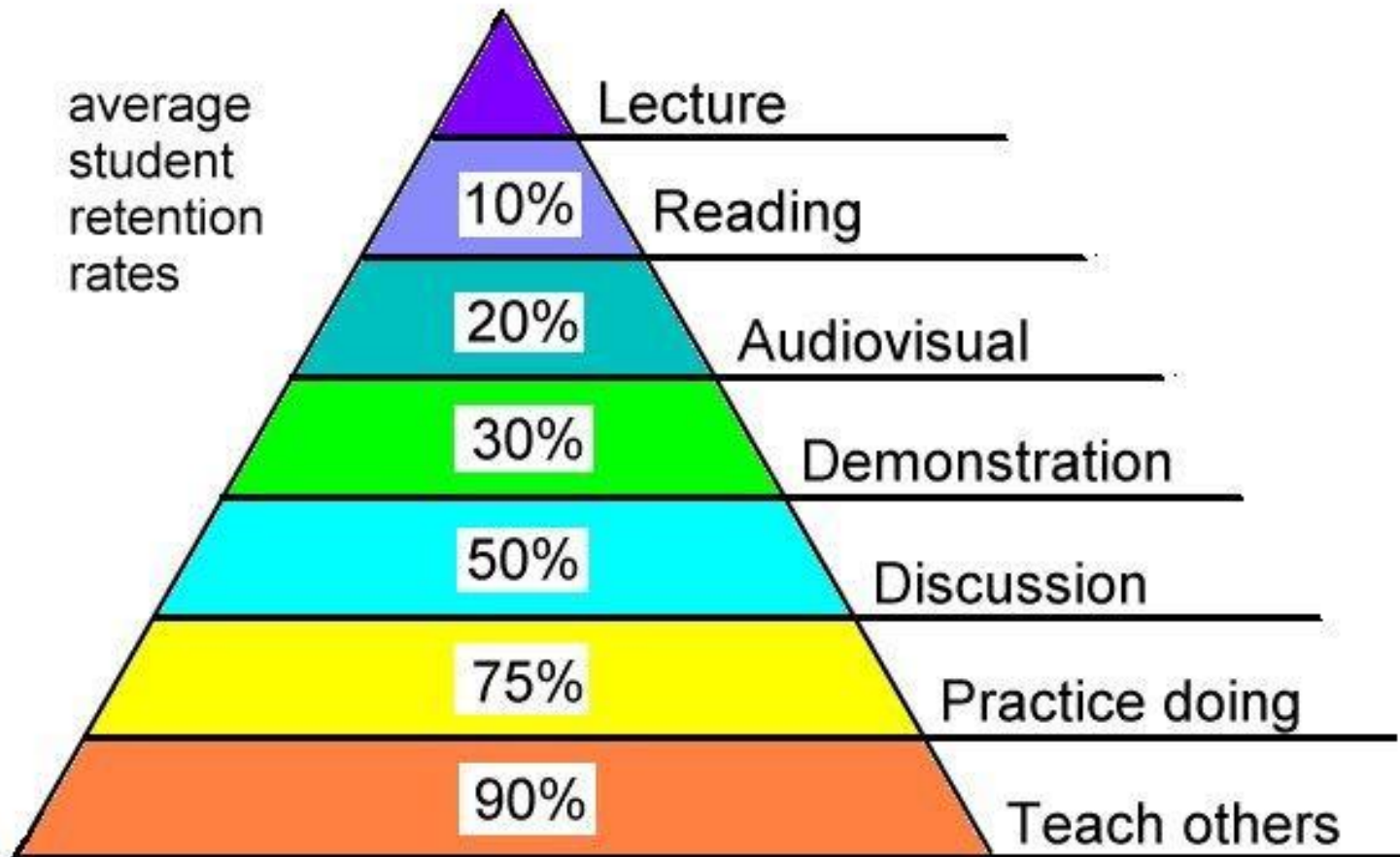


Steps to remembering:

1. Organise information
2. Create images
3. **Repeat, revise** and practise **recalling**

How we learn...

Learning Pyramid

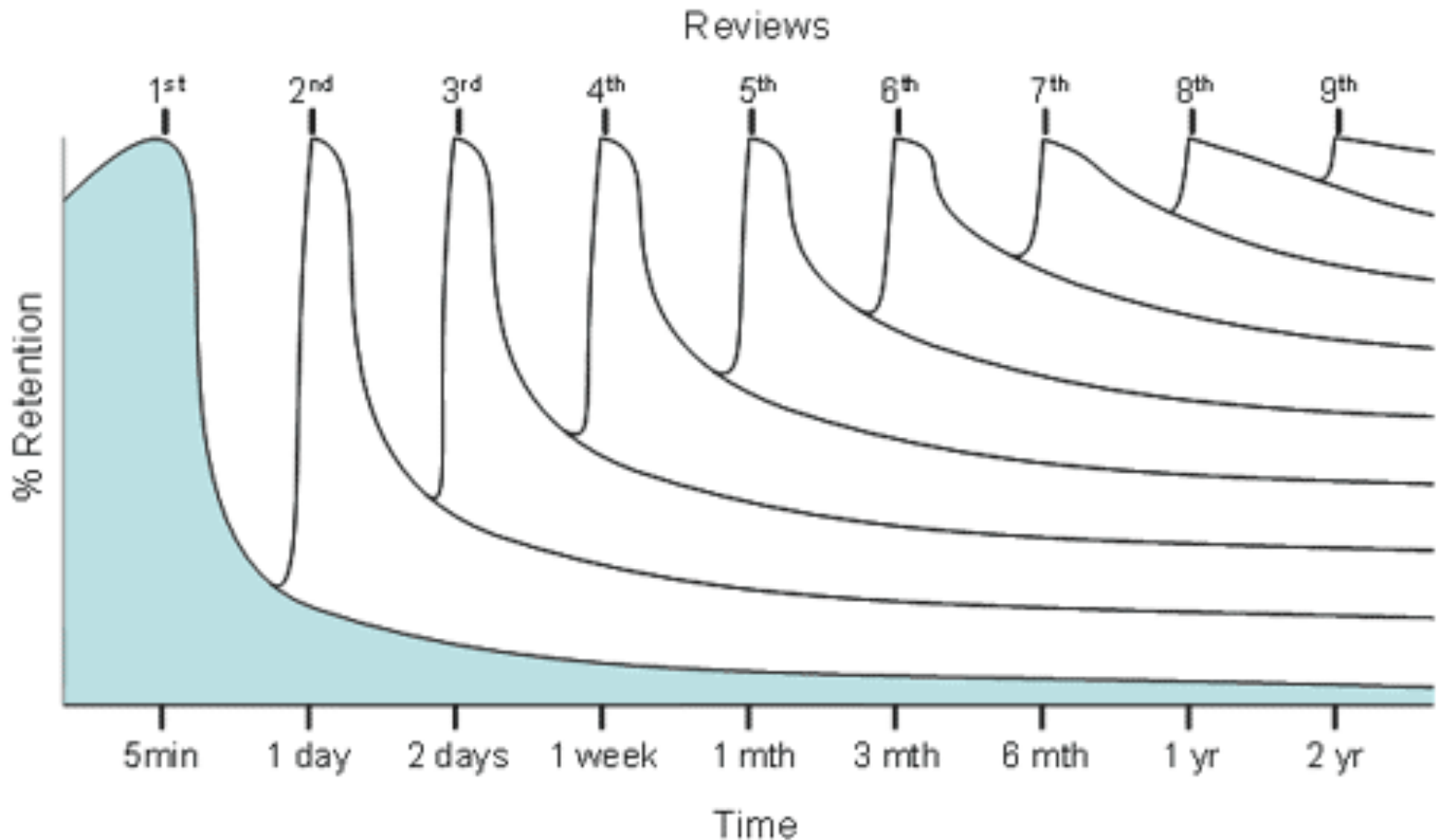


Source: National Training Laboratories, Bethel, Maine

What do you learn in a 40 min class?

Within 1 – 2 days we forget about **80%** of what we have learned

If you want to keep information you have learned in your long term memory you need to revise it regularly:



What's your Learning Style?

- There are

Visual Learners



Auditory Learners



Kinaesthetic learners



What's your Learning Style?

Visual Learners



- Prefer to see rather than be told
- Quick to spot details
- Enjoy doodling, drawing and writing
- Can visualise what they are told
- Are quick to forget what they hear

What's your Learning Style?

Auditory Learners



- Follow verbal instructions and easily
- Rely on memory rather than notes
- Oral skills are better than written
- Enjoy talking and explaining

What's your Learning Style?

Kinaesthetic learners



- Enjoy practical activities
- Need to be active
- Prefer to try out rather than read the instructions
- Can be “turned off” by purely visual or oral teaching

For Next Week

- Complete this timetable as accurately as possible
- Fill it in over the next 7 days
- Include time spent on homework & study
- Also include time spent at:
 - sport/music
 - tv/ online
 - eating/ sleeping
- *Be Honest!*

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
4:30pm						<u>10:00am</u>		
5:30pm						<u>12:00am</u>		
6:30pm						<u>2:00pm</u>		
7:30pm						<u>4:00pm</u>		
8:30pm						<u>6:00pm</u>		
9:30pm						<u>8-10pm</u>		
*other time						*other time		

Question:

- What's your preferred learning style?
Do the questionnaire in your workbook
- What does this mean for your study?