

Learning 2

Learn

**Powerful study and memory
techniques for MOL's
NAEA Technical Award and
Diploma students**

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Learning To Learn

For many of us, our school days were not a happy experience; they consisted of being expected to learn the 'school way' or not at all. How many of us sat through

'double English' being bored senseless by a teacher who simply read from a text book with no thought about how knowledge was being imparted to their students? Worse, we were expected to leave the classroom and study for exams without any guidance on how to remember the information.

Thankfully, times have moved on. There are now numerous ways to 'learn'. Each of us has our own personal learning style; ways that we process and retain information, and then recall it when the need arises. Here are a few suggestions that will help with this process, and so aid your studies.

**"attitude not aptitude
defines altitude"**

Zig Ziglar

1. SQ3R

Your memory is in two parts; short term memory and long term memory. The purpose of studying is to move information from the former to the latter. The powerful study system SQ3R will help this process. It stands for

S - Survey

Q - Question

R - Read

R - Recall

R - Review

Pre Study

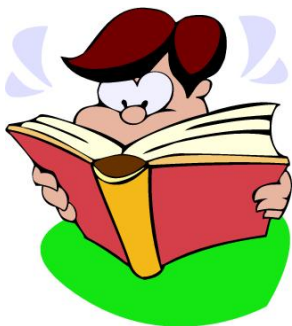
Before any studying begins, set a goal for that session ie 'in the next hour I will learn 10 pages' or 'in the next 1 ½ hours I will learn the section on contract law'. What ever goals you set, make sure that they are realistic and achievable. Breakdown the material to be studied in to smaller, more manageable bite sized chunks.

Now you are ready to start **SQ3R**.

1. SQ3R

S = Survey

Flick through the section that you are about to study. Take a few minutes to get a brief over view of the material. This can be achieved by



- reading the first and last paragraphs, which normally summarises a large portion of the information
- look at headings throughout the material to see the subjects about to be tackled
- glance at any diagrams or pictures
- are there aims and objectives listed at the start that provide an overview of what is to follow?

The point of surveying the section before ‘diving in’, is to prepare your memory for the task ahead.