

Making the Most of Your Learning

Learning is not just what you do in the classroom. Study is not just what you do the night before a test. Both of these are ongoing activities that are enhanced by the correct pre and post activities. See which of these 5 Ps you do.



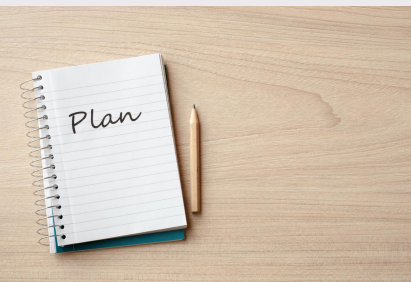
PREPARE

This is the stage where you ensure you have all of the materials you need for learning and have completed any pre-tasks such as reading sections of your textbook in advance or any other activities your teacher asks you to complete prior to the class.



PARTICIPATE

Engaging in your learning is the best way to start to embed it in your memory and ensure you understand. Having the opportunity to discuss and interact and complete different styles of learning activities really helps your brain to process what you are learning.



PLAN

Take the time to look at the assessments for the course and plan when you will start, work on and complete tasks. Anytime you are asked to complete work for class, plan when you will do it and even better write your plan into your diary or online planner.



PRACTISE

One of the best ways to learn is to do practise questions. When you apply what you have learnt to actual questions, you will engage retrieval and cognitive pathways in the brain and reinforce your learning and uncover areas that need extra study.



PINPOINT

After a test or assessment is returned to you, celebrate your successes but also use it to pinpoint areas of weakness. This allows you to then spend time building your strengths in these areas without the pressure of an exam looming.

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Tips by Dr Prue Salter

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