



MODULE NINE

Study Skills

Our amazing brain

- How it works
- Balance is best
- Train the RAS

Preparation is the key to success

- Develop good study habits
- Draw up a study planner
- How to approach exams
- Putting it in perspective

Remember, remember ...

- Preferred learning style
- Understanding the learning and memory problem
- Creativity
- Brainstorming
- Effective study methods
 - Reading with a purpose
 - Mind maps
 - Acronyms
 - Mnemonics
 - Word associations
 - Story technique
 - Number shape memory system

