

## Study Skills

### How to improve one's concentration.

""Qpeg" {qw"wpfgtuvcpf" {qwt"ngctpkpi"uv {ng." {qw" yknn"dg" o qtg"nkmgn { "vq"mpqy "j qy "vq" meet your own needs.

""Uvwfgpvu"ecp"ceewtcvgn { "rtgfkev"vjgkt"qyp"ngctpkpi"uv {ngu0

""Uvwfgpvu" yjq"ecp"ceewtcvgn { "rtgfkev"vjgkt"vgcejgtøu"ngctpkpi"qt"vgcejkpi"uv {ngu"ngctp" better than students who cannot make this prediction.

""C"uvwfgpvøu"ngctpkpi"uv {ng"ku"vjg"uc o g."tgi ctfnuu"qh"uwdlgev0

""Uvwfgpvu"ueqtg"jki jgt"qp"vguvu" y jgp"vjg { "ctg"vguvgf"kp"vjg"gpxtqp o gpvu"dguv"uwkvf"vq" their personal learning styles-bright versus dim lighting, silence versus sound, etc.

""Rgtukuvgpv"cpf"tgurqpukdng"uvwfgpvu"cejkgxg"jki jgt" itcfgu"cpf"ueqtg"jki jgt"qp"vguvu0

""C"mg { "vq"swkem"ngctpkpi"cpf" o g o qt { "tgvgpvkqp"ku"vq"ejcpig"vjg"kphqt o cvkqp"vq be learned into the format that the brain can comprehend easier.

""Vjg" o qtg" c"uvwfgpv"ecp"ngctp"vj tqw i j"eq o dkpkpi" xkuwcn."cwfkvt { "cpf"mkpguvjgvke" modalities, the more permanent the information will become.

### Learning Styles:

Rgqrng"fqpøv"qpñ { "ngctp"cv" different rates, but also in different ways. Some students want their teacher to write everything out on the board. Others prefer to listen. Some like to sit in small groups and discuss a question, while others like to listen to a lecture, translating it into pictorial doodles in their notebook.

The following are some ways people learn, and some tips help each type of learner do better. Once you understand your learning style, you may be able to adjust your approach to the classroom and your study habits for maximum benefit. Older students tend to have multiple learning styles because their experience (jobs, military service, spouse and children) has taught them to adapt. The most important thing to remember is: do what works for you!

### Visual Learners: (You have to see it to believe it)

#### Characteristics:

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### **Five Principles of Learning:**

1. **Be genuinely interested.** If you are genuinely interested in what you are learning, you will retain information more effectively. Nobody can give you a desire to learn. You have to find it within yourself. Stop for a moment and ask yourself why you study. If your reasons are to pass the test, to get a good grade, to graduate ô take another look at principle #1.
2. **Personalize.** To be genuinely interested in a subject means finding where that subject relates with your life. Whatever you succeed in learning will quickly evaporate unless you can find the connection between the subject you are studying and your own life.
3. **Put it into words.** When we write something or repeat a word or phrase out loud, we are more apt to remember it. Use every possible occasion to make the abstract concrete by putting it into words.
4. **Learn with others.** Studies show that cooperation ô not competition ô leads to learning. Studying with others works best when everyone in the group comes prepared. When you are preparing for tests, or when you feel unproductive working by yourself, it may benefit you to find a class partner to work with.
5. **Reward yourself.** We learn more information more permanently when learning is rewarded. As you plan your reading and studying, break the work up into manageable segments and plan a reward for yourself at the end of each segment. kv"fqgupø"jcxg"vq"dg" o wej ô just something to look forward to. You should also reward yourself when you have an academic success, such as making the honor role, passing a hard class, etc.

### **How to Improve Your Memory**

÷Vjg"ctv"qh" o g o qt {"ku"vjg"ctv"qh"cvvgpvkqpø"ó Samuel Johnson

### **Memory Tips:**

1. **Memorize from general to specific.**  
-study the big picture and then learn the details.
2. **Cramming Does Not Work.**  
-cramming only commits the information to your short-term memory, so you will forget what you really never learned.
3. **Flash Cards.**  
-Make your own flash cards or use a tape recorder.
4. **Be Interested.**  
-pay attention and try to learn things for the long term.
5. **Visualize.**



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