

BOOST YOUR LEARNING

USE THESE SIX TIPS TO HELP IMPROVE THE POWER OF YOUR BRAIN

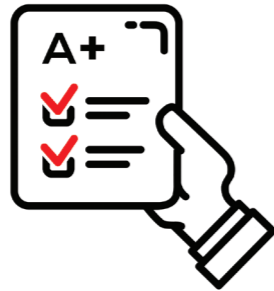


MINIMISE DISTRACTIONS

Reduce the amount of distractions including mobile phones, social media and television. Avoid multitasking as it can impair both long-term and working memory (short-term) memory.

EDUCATORS

Set rules about the use of technology in the classroom; encourage students to focus on one task at a time.



USE ACTIVE TESTING OR RECALL

Doing quizzes or forcing yourself to actively recall information is linked to deeper memory formation than when you passively review notes.

EDUCATORS

Make quizzes or assessment tools available to students.



SPREAD OUT LEARNING

For long-term retention, spacing study sessions apart is far more effective than when information is learned *en masse* in one long session. Revise regularly, whether it is done weekly or each day.

EDUCATORS

Periodically review topics throughout a term.

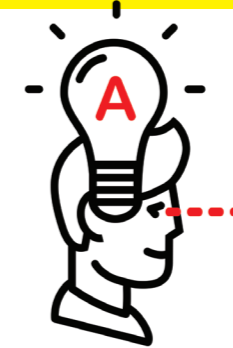


MIX THINGS UP

Mixing up the practice of several interrelated skills can boost performance in the long run. Known as 'interleaving'—this method can improve motor learning.

EDUCATORS

Intermix step-by-step worked solutions with problem-solving exercises, or provide students with revision material that combines practice questions about multiple topics.



COMBINE SPOKEN WORD WITH IMAGES

Research has found that processing images and spoken words simultaneously has no negative effect on how well we remember them.

EDUCATORS

Use relevant non-text images as teaching aids, in the form of large presentation visuals or image-based handouts.



USE STORIES

Remembering an abstract concept can be improved by concrete examples or stories. Mnemonics, or memory aids, and stories help you form associations between the content you want to remember.

EDUCATORS

Provide context, real-world examples, or stories for concepts being taught.

