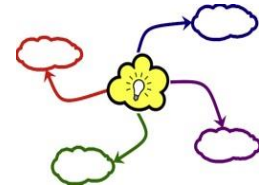


# MEMORY TECHNIQUES

## WHAT'S YOUR STYLE?



- Visual memory – do you like mind maps or notes?
- Listening to information as well as reading
- Mnemonics – use a rhyme or phrase
- Chunking up work – break longer text down by making notes on each paragraph
- Practise answering exam questions!



## Study Tips

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- Work smarter, not harder! Have a study plan so that you find time to revise all subjects and not just the ones you like
- Recognise how long you can hold your concentration. E.g. some people take a 5 min break every half hour. That way you stop in the middle of something and it's not so difficult to return following a break
- Eat and sleep well
- Give yourself regular rewards
- Talk to your friends and family about how you feel
- Keep it in perspective- there are many different pathways that can lead to your goal

Several short study sessions revising the same topic will work better as the information goes into long term memory

### *Session 1*

What are the key questions you need to know?

Scan through the information

Note down any other questions

Read the text again and highlight key pieces of information and make notes

Decide whether you have enough

information to answer your questions

### *Session 2 & 3*

Go back to the list of key questions from session 1 – can you answer them?

If not go back through the process

The more you do this the more likely the information will be stored in long term memory

## Top 10 Tips for Parents

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- 1 Encourage healthy eating- not too much caffeine or junk food
- 2 Encourage sleep- you think better when you are not tired.  
Check out sleep patterns – is it hard to fall asleep or stay sleeping?
- 3 Encourage **exercise**- produces ‘happy’ hormone! Currie (2010) pupils reported they were more focused and able to study following participation in a class
- 4 Help to create a study plan
- 5 Provide a quiet place to revise
- 6 Talk about exam stress- put it in perspective
- 7 Have a weekday and weekend routine
- 8 Rewards for working hard – time for fun
- 9 Use positive language – it will help promote positive thinking!
- 10 Help them to relax – Meditation, yoga and mindfulness can help

- Some useful websites:

- [edutopia.org](http://edutopia.org) *Teaching good study habits*
- <http://stopbreathethink.org/>
- <https://insighttimer.com/>
- Apps– smiling mind and take a break



