

APPROACHES TO STUDYING

KEY CONCEPTS



Breaking Study Habits

- ✓ Your approach to studying outside of class develops over time and may not be as effective as it could be. New research suggests mixing up what you study and where you study could be helpful.

Relaxation and Positive Emotion for Study

- ✓ Relaxation improves your brain's ability to receive information being studied. Positive emotions enhance your brain's neural communication and memory.

Whole Brain Learning

- ✓ Your brain is wired in ways that give you different strengths and weaknesses when it comes to learning. Using different learning styles might help you develop new ways to improve the way you study.

NOTES

Breaking Study Habits: Because of your individual preferences towards learning, you have developed habits in the way your brain senses, processes, stores and retrieves information. Research is now showing that mixing up what you study and when, is helpful. Likewise, studying in different locations in different ways creates novelty that stimulates your brain's ability to learn.

Relaxation for Studying: The breaks between study-time are useful to enable your brain to recover from neural system fatigue. Relaxation also slows your brain-waves down to alpha state which is believed to help your brain be more receptive to incoming information.

Positive Emotion and Learning: Strong positive emotion helps enhance the communication between brain-cells by releasing chemicals that strengthen the connections. This in-turn improves your memory retention. Invent ways to improve your study by making it more enjoyable.

Whole Brain Learning: Undertaking a learning styles questionnaire at www.passingexams.co.nz will help you see how your brain is wired to learn best. By charting your results from the questionnaire onto a chart, you can see what your dominant learning styles are and where you can develop the weaker styles. In time, you can practice using a more whole-brain approach to learning.

QUESTIONS

1. Discuss in a group the different ways you approach your study. Your discussions could include: what you study, how you study, when you study, places you study and who you study with.
2. Describe your ideal study situation. If you could study anything, anywhere, with any one, what would it look like, feel like, be like?

3. How could you bring the key attributes of your idea back to your current approaches to study to 'spark' them up a bit?

APPROACHES TO STUDYING

KEY CONCEPTS



Breaking Study Habits

- ✓ Your approach to studying outside of class develops over time and may not be as effective as it could be. New research suggests mixing up what you study and where you study could be helpful.

Relaxation and Positive Emotion for Study

- ✓ Relaxation improves your brain's ability to receive information being studied. Positive emotions enhance your brain's neural communication and memory.

Whole Brain Learning

- ✓ Your brain is wired in ways that give you different strengths and weaknesses when it comes to learning. Implementing different learning styles might help you develop new ways to improve the way you study.

NOTES

Breaking Study Habits: Because of your individual preferences towards learning, you have developed habits in the way your brain senses, processes, stores and retrieves information. Research is now showing that mixing up what you study and when, is helpful. Likewise, studying in different locations in different ways creates novelty that stimulates your brain's ability to learn.

Relaxation for Studying: The breaks between study-time are useful to enable your brain to recover from neural system fatigue. Relaxation also slows your brain-waves down to alpha state which is believed to help your brain be more receptive to incoming information.

Positive Emotion and Learning: Strong positive emotion helps enhance the communication between brain-cells by releasing chemicals that strengthen the connections. This in-turn improves your memory retention. Invent ways to improve your study by making it more enjoyable.

Whole Brain Learning: Undertaking a learning styles questionnaire at www.passingexams.co.nz will help you see how your brain is wired to learn best. By charting your results from the questionnaire onto a chart, you can see what your dominant learning styles are and where you can develop the weaker styles. In time, you can practice using a more whole-brain approach to learning.

QUESTIONS

1. Discuss in a group the different ways you approach your study. Your discussions could include: what you study, how you study, when you study, places you study and who you study with.
2. How would you draw a diagram to illustrate the key concepts of this topic to a friend? Draw one here.
3. Check out www.passingexams.co.nz and do the learning-styles questionnaire. Chart your results and bring them back to class with the notes page to discuss how you might use different study approaches.

APPROACHES TO STUDYING

KEY CONCEPTS



Breaking Study Habits

- ✓ Your approach to studying outside of class develops over time and may not be as effective as it could be. New research suggests mixing up what you study and where you study could be helpful.

Relaxation and Positive Emotion for Study

- ✓ Relaxation improves your brain's ability to receive information being studied. Positive emotions enhance your brain's neural communication and memory.

Whole Brain Learning

- ✓ Your brain is wired in ways that give you different strengths and weaknesses when it comes to learning. Implementing different learning styles might help you develop new ways to improve the way you study.

NOTES

Breaking Study Habits: Because of your individual preferences towards learning, you have developed habits in the way your brain senses, processes, stores and retrieves information. Research is now showing that mixing up what you study and when, is helpful. Likewise, studying in different locations in different ways creates novelty that stimulates your brain's ability to learn.

Relaxation for Studying: The breaks between study-time are useful to enable your brain to recover from neural system fatigue. Relaxation also slows your brain-waves down to alpha state which is believed to help your brain be more receptive to incoming information.

Positive Emotion and Learning: Strong positive emotion helps enhance the communication between brain-cells by releasing chemicals that strengthen the connections. This in-turn improves your memory retention. Invent ways to improve your study by making it more enjoyable.

Whole Brain Learning: Undertaking a learning styles questionnaire at www.passingexams.co.nz will help you see how your brain is wired to learn best. By charting your results from the questionnaire onto a chart, you can see what your dominant learning styles are and where you can develop the weaker styles. In time, you can practice using a more whole-brain approach to learning.

QUESTIONS

1. Discuss in a group the different ways you approach your study. Your discussions could include: what you study, how you study, when you study, places you study and who you study with.
- 2: Over the years, in what ways have you developed study habits that are not very useful? What changes could you make to improve your approaches to studying?

Study Habit	New Approach

Check out www.passingexams.co.nz and do the learning-styles questionnaire. Chart your results and bring them back to class with the notes page to discuss how you might use different study approaches.