

Top tips to help you study

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If you are a kinaesthetic learner...

To memorise information, pace or walk around while reciting to yourself, or using flashcards or notes.

If you need to fidget, try doing so in a way that will not disturb others or endanger yourself or others. Try jigging your legs or feet, use hand or finger exercises, or handle a tennis ball.

You might not study best at a desk. Try lying on your stomach or back. Try studying while sitting in a comfortable chair or on cushions or a beanbag.

Studying with music in the background might help you.

Use coloured construction paper to cover your desk, your exercise books or decorate your study area. Choose your favourite colour, as this will help you focus. This technique is called colour grounding.

While studying take frequent breaks, but be sure to settle back down to work quickly. A reasonable time schedule would be 15-25 minutes of study time, then 3-5 minutes of break time.

When trying to memorise information, try closing your eyes and writing the information in the air or on a surface with your finger. Try to picture the words on your head as you are doing this. Try to hear words in your head too.

Later, when you try to remember this information, close your eyes and try to see it with your mind's eye and to hear it in your head.

If you are a visual learner...

Write things down that you want to remember; this will help you to remember them better.

Look at the person who is speaking, this will help you to focus.

Try and work in a quiet place, if necessary wear earmuffs or earplugs.

You may like to listen to soft music while you are working.

If you miss something a teacher says, or you don't quite understand it, ask them politely to repeat it.

Often you will learn best alone.

When researching or revising, take lots of notes and write down lots of detail.

Use colour to highlight main ideas in texts.

When trying to learn material for a test by writing out notes, cover your notes and then rewrite. Re-writing will help you to remember.

Before starting a task, set yourself a goal to achieve and write it down, place it in front of you and read it as you do your task.

Before reading a chapter of a book, preview it first by scanning the pictures, headings and so forth.

Try to sit yourself away from the window and the door and close to the front of the class.

Whenever you can make use of charts, maps, posters, films, videos, and computer software to study from and present your work.

If you are an auditory learner...

Study with a friend so that you can talk about the information and hear it too.

Recite out loud the information you want to remember several times.

Make your own recordings of important points you want to remember and listen to it repeatedly. This is especially useful when learning material for tests.

When reading, skim through and look at the pictures, chapter titles and other clues, then say out loud what you think this book could be about.

Make flashcards for material you want to learn and use them repeatedly, reading them out loud. Use different colours to aid your memory.

Read out loud when possible. You need to hear the words as you read them to understand them well.

When doing maths calculations, use grid paper to help you set your sums out correctly and in their correct columns.

Use different colours and pictures in your notes, exercise books, and anywhere you record information. This will help you remember it.