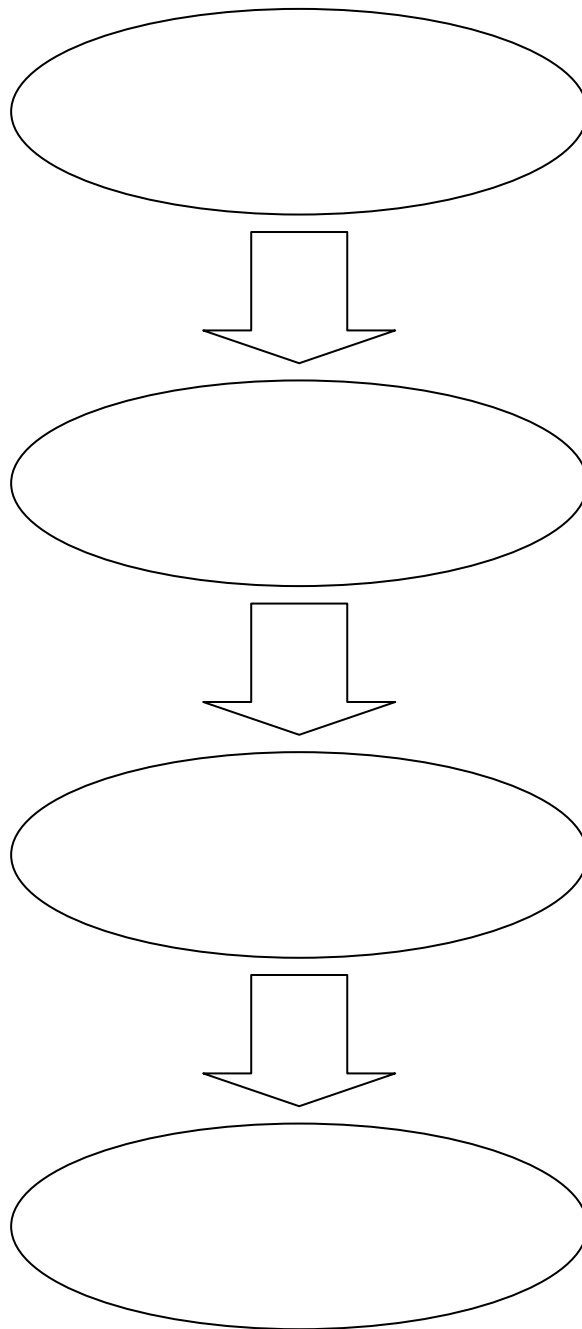


*To get year-round tips from presenters
and access to heaps of resources
follow elevate on twitter: @ukelevate*

memory & mnemonics

a guide for the forgetful **work book**

How We Remember



***Test your memory at
www.elevateeducation.com***

Attention

Do you do any of these things?

	✓
1 Try and study notes in bed or lying down	
2. Try and memorise notes with music, radio or TV on	
3. Try and study for more than 50 minutes at a time	
4. Study when you feel sleepy, tired or bored because you feel like you need to get it done	

Tip 1: Remove Distractions
* * * *

Tip 2: State of Active Learning
* * *

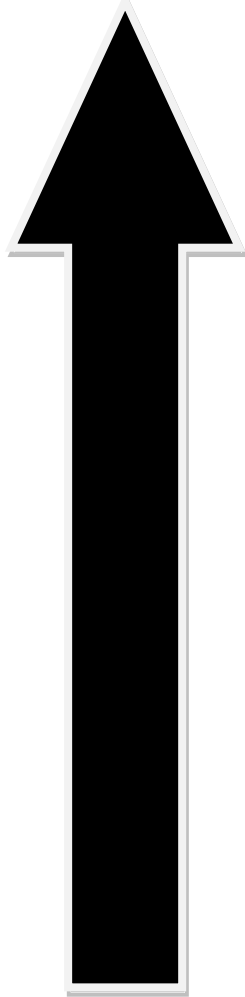
Tip 3: Zones of Effectiveness
* *

*Find it hard memorising your notes?
Get tips from presenters on twitter: @ukelevate*

Encoding

There are 3 main ways to encode information – these are:

Most Effective



Least Effective

SEMANTIC LEARNING

=



Audio-Visual

•



Visual system

•

•

•



Auditory system

•

•

•

***To find more simple memory tricks follow
elevate on twitter: @ukelevate***

STEVE'S TIP:

Practice Retrieval.

Most people think that their final year is a test of intelligence – in my opinion, it is not.

It is a test of how you retrieve your knowledge, how you search through that chaotic filing system that is your brain, find the information and spit it out in those final days in June.

What does this mean?

When applying for a job, employers ask you what experience you have had – they want to know you are going to perform. Doing practice papers will mean that you are experienced – experienced with both the content, the way it will be asked and the exam room atmosphere.

Similarly sports coaches always pick players for the big games because they know they will be able to deal with the pressure. Why? Because they have done it before. In June walk into that exam room as a veteran, know that nothing will surprise you because you have done it all before with.....**PRACTICE PAPERS!**



Get tips from presenters like Steve on twitter: @ukelevate

***See these students interviewed LIVE at
www.elevateeducation.com***

Semantic Learning Techniques

1.

1 =

6 =

2 =

7 =

3 =

8 =

4 =

9 =

5 =

10 =

2.

3.

Are you a rote-learner? Find out the most effective memory techniques by following elevate on twitter: @ukelevate

Where to From Here?

The most important thing now is to actually use this information! Keep this booklet and use it as a guideline for the rest of the year. Don't try to do everything that was covered in this seminar tonight, start by picking three things you are going to put into practice in the next week.

The three most important things I will implement first from this seminar:

- 1.
- 2.
- 3.

The next step

You will receive a student implementation guide following this seminar containing follow-up tasks and activities.

For year round tips from our presenters follow us on twitter @ukelevate.

You also now have access to Elevate's student website which contains tips, practice questions and a forum to ask our presenters questions. Go to *www.elevateeducation.com*

Username: _____

Password: _____