

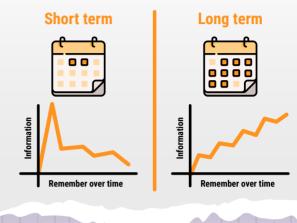
For learning to occur:

Your brain assimilate new information into what you already know and adapts previous knowledge to accommodate new knowledge.

New Current New Information Knowledge Knowledge

Spaced repetition:

Research shows that we learn and remember better when we spread the items we study over a longer time span instead of repeatedly study in a short time span.



DID YOU KNOW?

Self-awareness of how you approach learning can help you make conscious choices about how:

- to study
- and manage your time while studying

Analyse your S-H-A-P-E to learning and personalise your learning through creating study environments and selecting strategies that suit you best to engage with the study content effectively.

S A A P E

Learning style

How you learn best

habits How you have

Learning

become used to studying

Attitude

bring to your study

Vary your study choices and strategies to gain

The mind-set you

Learning Preference How you like to

study Approaches you

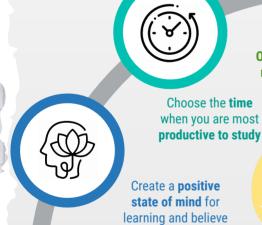
enjoy even if it's not always the most effective

Experience

and life history that impacts how you study

The educational





rning and believe you can learn





Personalise study to suit you





sleep and relax)

Are in a physical

state to learn (eat, stay hydrated,



between modules

Manage your time effectively



2

EXAM PREPARATION ACTION PLAN

Start organising your notes Divide your time equally

View your notes critically and add where necessary

Set aside time for practising

Work out what you must revise past papers

Construct a revision timetable Build up your writing speed

and stick to scheduled revision and study times

for each module