

Learning to learn

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MAKING SENSE OF WHAT IS MEMORISED

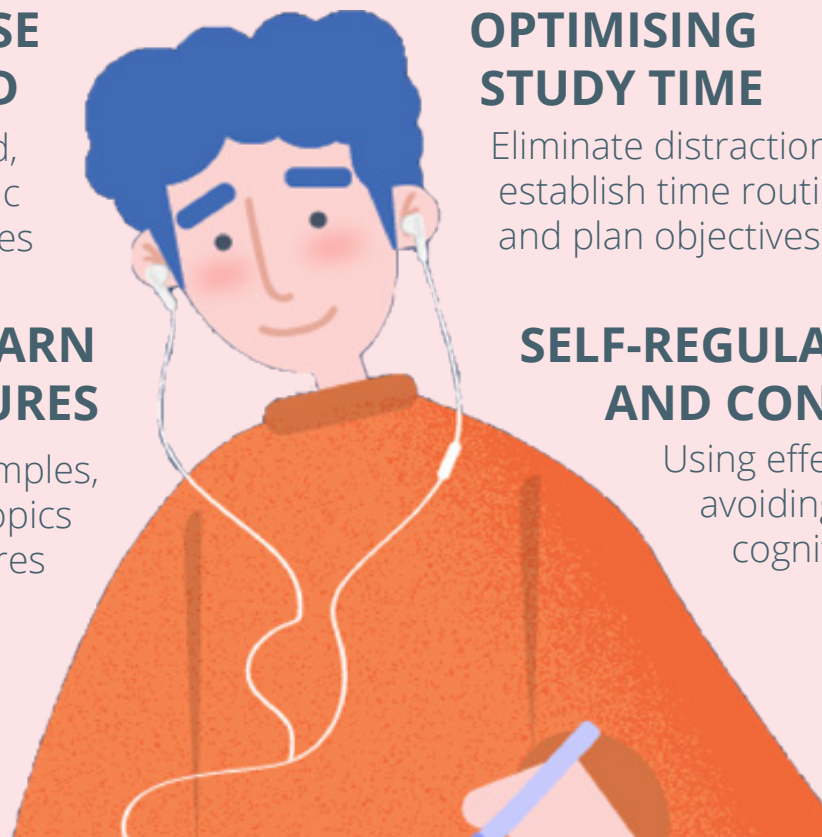
Understand what is learned,
use visual aids and mnemonic
strategies

LEARN CONCEPTS AND PROCEDURES

Study different examples,
weave together topics
and procedures

MANAGE MOTIVATION

Relativise mistakes and failures,
approach new ways of learning
and assessing self-efficacy



OPTIMISING STUDY TIME

Eliminate distractions,
establish time routines
and plan objectives

SELF-REGULATION AND CONTROL OF EMOTIONS

Using effective study strategies,
avoiding distractions and using
cognitive reappraisal

EFFECTIVE REVIEW

Organise the plan and set a
timetable, interleave sessions
and do not over-study

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