

UNLOCK YOUR POTENTIAL BY STUDYING WELL

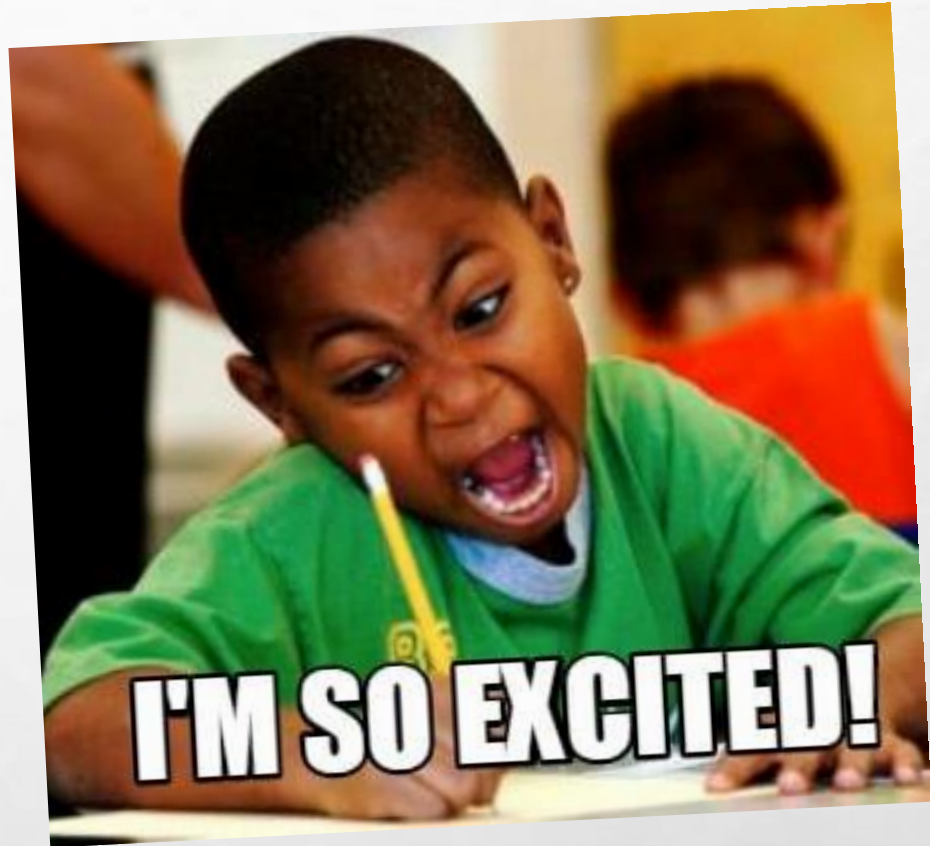
SEPTEMBER 22, 2022



**WHO IS IN
THIS ROOM?**



**WHAT WOULD MAKE
THIS
SESSION WORTH
YOUR TIME?**





WHAT ARE YOU CAPABLE OF?

I MEET GOALS :
<50% OF TIME
50% OF TIME
>50% OF TIME

I DISCIPLINE MYSELF TO STAY ON TASK:

-  **- RARELY**
- SOMETIMES**
- MOST TIMES**

I BELIEVE IN MY ABILITY TO SUCCEED:

- DEFINITELY!**
- KINDA**
- NOT AT ALL!**

WHAT'S IMPORTANT TO YOU BETWEEN NOW AND NOVEMBER 25?











END OF TEACHING ≠ START OF STUDYING



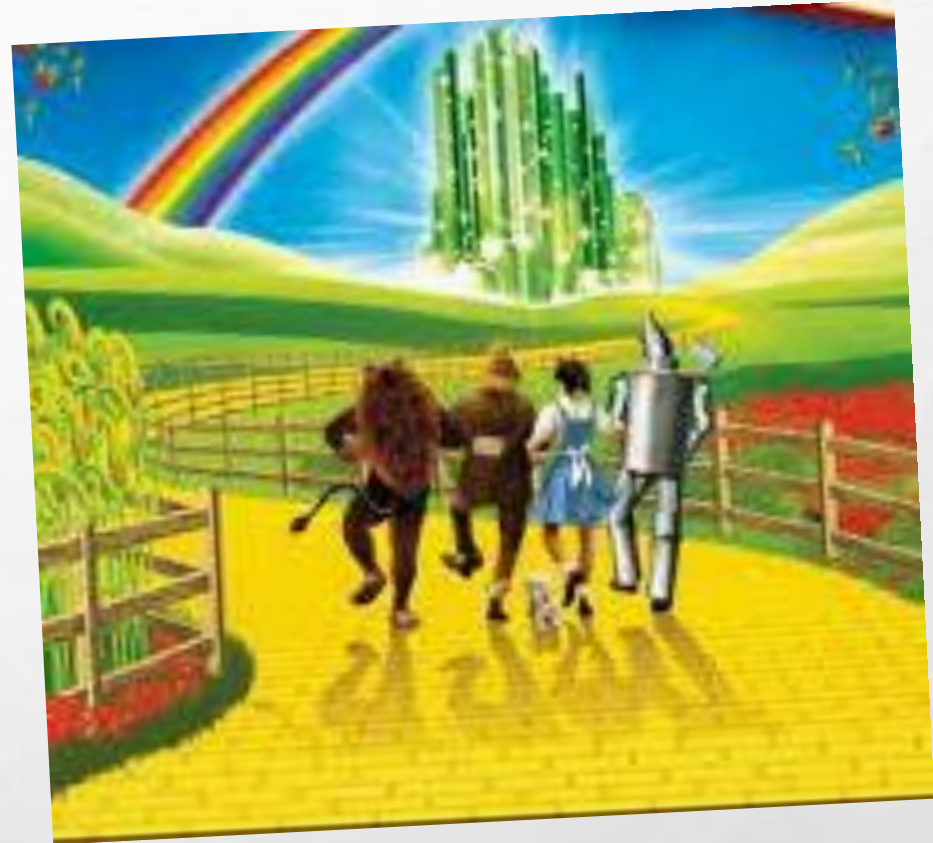
YOUR RELATIONSHIP WITH STUDYING

WHAT'S YOUR RELATIONSHIP STATUS?

-  **SINGLE**
-  **IN A RELATIONSHIP**
-  **CRUSHING**
-  **MARRIED**
-  **IT'S COMPLICATED**
-  **BROKEN HEARTED**



- **DETERMINING THE AMOUNT OF TIME AVAILABLE & DECIDING ON BEST USE**
- **FINDING STRATEGIES FOR ORGANIZING COURSES AND CONTENT FOR STUDYING**
- **IMPROVING MEMORY AND RECALL**
- **CREATING A WORKABLE STUDY ENVIRONMENT**
- **FINDING ENERGY, MOTIVATION & MOMENTUM**
- **CARING FOR YOUR WHOLE SELF**
- **MAKING EFFECTIVE STUDY GROUPS**



TODAY'S FOCUS – A STUDY PLAN

YOUR DAY (6 SEGMENTS) - 8 WEEKS

LATE NIGHT

12 AM -----
1AM-----
2AM-----
3AM-----

EARLY MORNING

4AM-----
5AM-----
6AM-----
7AM-----

START OF BUSINESS DAY

8AM-----
9AM-----
10AM-----
11AM-----

AFTERNOON

12 NOON-----
1PM-----
2PM-----
3PM-----

LATE AFTERNOON/EARLY EVENING

4PM-----
5PM-----
6PM-----
7PM-----

LATE EVENING

8PM-----
9PM-----
10PM-----
11PM-----

ORGANIZING COURSES AND CONTENT

- **WHAT AM I TO LEARN?**
- **HOW WILL I LEARN IT?**
- **WHAT RESOURCE WILL I NEED?**
- **WHAT BACKGROUND KNOWLEDGE WILL I NEED?**



Course Outlines

MEMORY & RECALL

PRIMACY AND RECENCY EFFECTS

MAGICAL NUMBER SEVEN

CHUNKING

**EARLY CONSISTENT REVIEW MORE EFFECTIVE THAN LATE
CRAMMING**

CUES – FORCE YOURSELF TO RECALL INDEPENDENTLY (PRACTICE)

CLASS, TUTORIAL, LAB



Our brains are designed to remember but also to forget

Un-chunked List

Bread
Ice cream
Milk
Tomatoes
Eggs
Butter
Apples
English muffins
Frozen vegetables
Bagels
Lettuce
Cream
Banana

Chunked List

Frozen foods
Ice cream
Frozen peas

Diary

Milk
Eggs
Cream
Butter

Bakery

English muffins
Bread
Bagels

Fruits and Vegetables

Lettuce
Banana
Tomatoes
Apples

ROY G BIV

CHUNKING

STUDY ENVIRONMENT

- **PHYSICAL**
- **EMOTIONAL**
- **MENTAL**
- **SOCIAL**

**ALWAYS: TAKE ACTION ; DO NOT PRACTICE
'LEARNED HELPLESSNESS'**



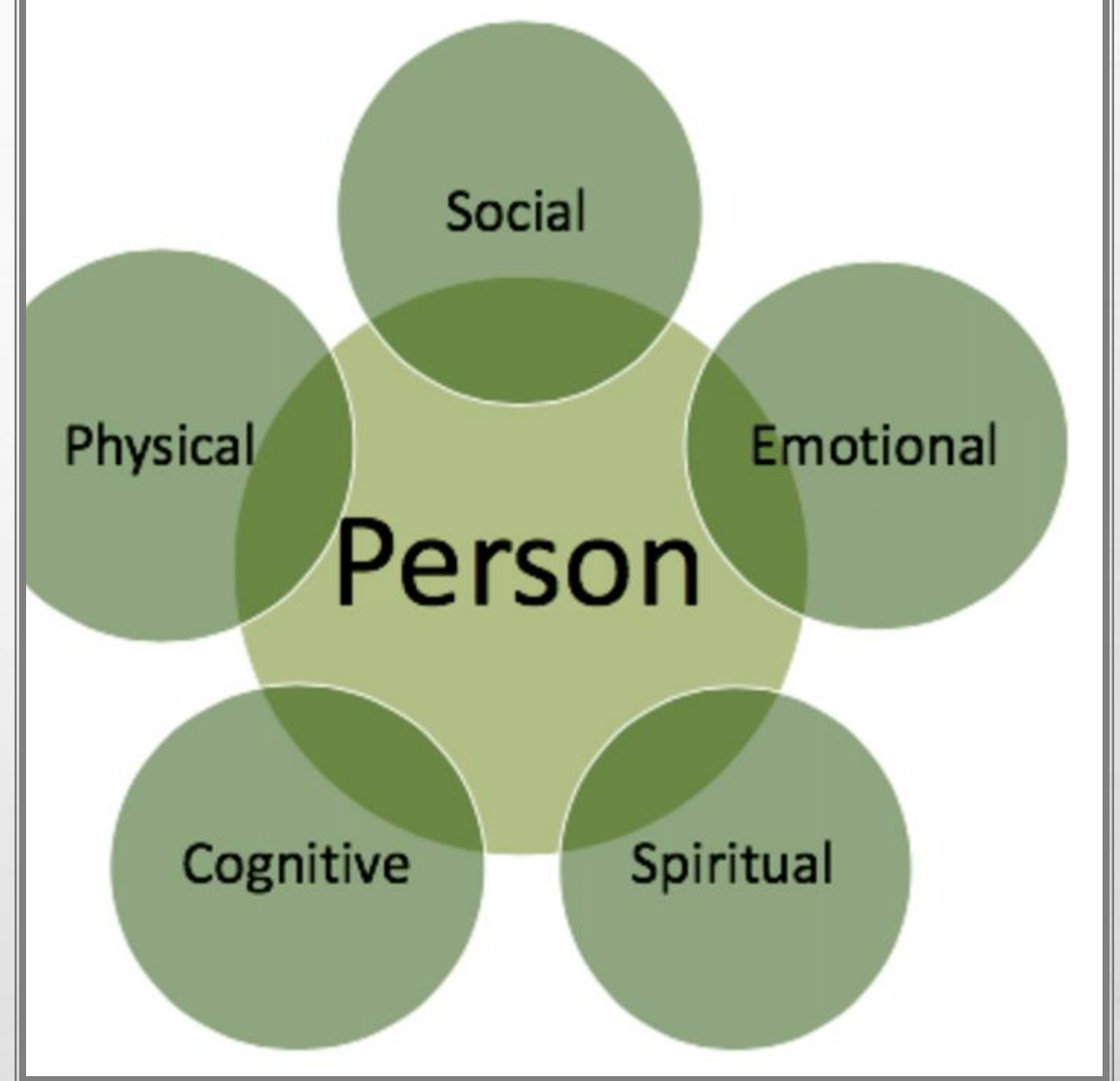
ENERGY, MOTIVATION, MOMENTUM

- **WHEN YOU HEAR**
- **CHEMISTRY (WHAT DO YOU FEEL?)**
- **LABS**
- **DORSAL/VENTRAL**
- **MATHEMATICS**
- **ATP**
- **WHAT DO THE DIFFERENT EMOTIONS MEAN? -**
FEAR - A THREAT, ANGER – A LOSS OF CONTROL, ANXIETY –
WORRY; SADNESS – HURT/UPSET
- **REFRAME**

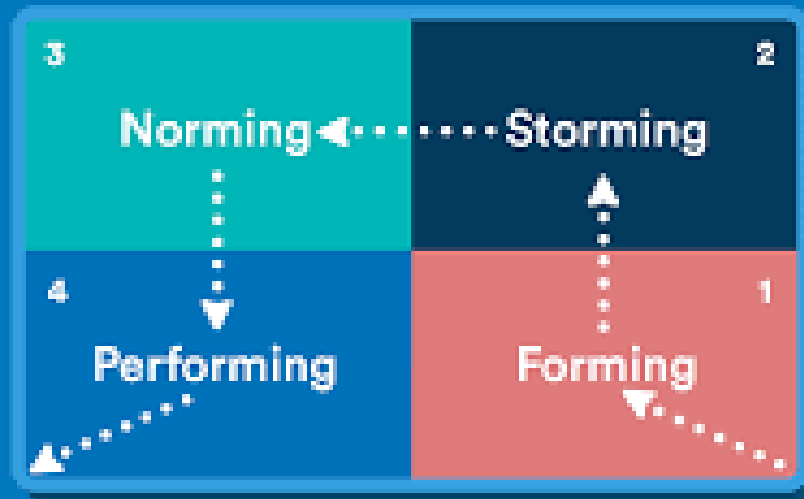


CARING FOR YOUR WHOLE SELF

- **WHAT DO YOU NEED? SOME PEOPLE NEED ACTIVITY; OTHERS DON'T**
- **SOME NEED NOISE, SOME NEED SILENCE**
- **SOME NEED COMPANY; ISOLATION**
- **SOME NEED HOME COOKED MEALS**
- **BE REALISTIC**
- **ITS JUST 12 WEEK PERIODS – THEN YOU ARE FREE AGAIN FOR A GOOD WHILE**
- **TIME FOR EVERYTHING**



MAKING EFFECTIVE STUDY GROUPS



- **FORMING**
- **STORMING - DON'T QUIT HERE**
- **NORMING**
- **PERFORMING**

SOCIAL LOAFING

RISE TO THE OCCASION

- **SUPPORT**
- **COUNSELLING UNIT**
- **ACADEMIC SUPPORT**





MANAGING STRESS & ANXIETY

- **MAKE YOU WATCH NETFLIX WHEN YOU ARE TO STUDY, TREMBLE, DIARRHOEA, HEART PALPITATIONS, PANIC ATTACKS, STOP YOU FROM STUDYING AND FROM UNDERSTANDING, MAKE YOU FORGETFUL**
- **REMEDY FOR ANXIETY**

ACTION – BREATHING, DOING THE THING YOU ARE ANXIOUS ABOUT, START

https://www.youtube.com/watch?v=a-n2Zcgjlso&ab_channel=TexasA%26MUniversity

QUOTE, PHILOSOPHY TO GUIDE YOU

SHARE SOME OF YOUR QUOTES/PHILOSOPHIES
(NOTE ON YOUR STUDY PLAN)



RECAP

- **YOU DON'T HAVE EXCESS TIME**
- **ORGANIZE COURSES AND CONTENT – COURSE OUTLINE**
- **THE BRAIN WORKS TO REMEMBER BUT THE BRAIN ALSO TRIES TO FORGET**
- **MEMORY & RECALL TECHNIQUES – MINDMAPS, REPETITION, CONSISTENCY**
- **STUDY IN A WAY THAT WORKS FOR YOU**
- **KEEP FOCUSED**
- **TAKE CARE OF YOUR ENTIRE SELF**
- **FIND EFFECTIVE GROUPS**
- **SEEK SUPPORT**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Free Math Tutoring (1 hours)		Free Math Tutoring (1 hours)		Free Math Tutoring (1 hours)		
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Practice Questions (1.5 hours)		Practice Questions (1.5 hours)		Practice Questions (1.5 hours)	Practice Questions (1.5 hours)	Practice Questions (1.5 hours)
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Youtube Math Videos / Online Math Builder (1 hours)		Youtube Math Videos / Online Math Builder (1 hours)		Youtube Math Videos / Online Math Builder (1 hours)	Youtube Math Videos / Online Math Builder (1 hours)	Youtube Math Videos / Online Math Builder (1 hours)

STUDY PLAN