

LEARNING

Structure- Organised and clarify informations

Effort- Engage with the material

Active learning- Use what you learn

Relevance- Have a good reason for learning

REMEMBERING

Selectivity- Identify and separate the main ideas and important details from a large body of information

Association- Form visual or auditory cues to link together 2 or more items or chunks of information to process in memory

Visualisation- Make pictures or 'movies' in your mind

Elaboration- Think about, ponder or work with and encode information in new ways

Concentration- Block out distractions in order to stay focused on one specific item or task



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