

Learning  
Performance

Making learning easier



# STRATEGIES FOR SUCCESS!



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# YOUR BRAIN IS AW



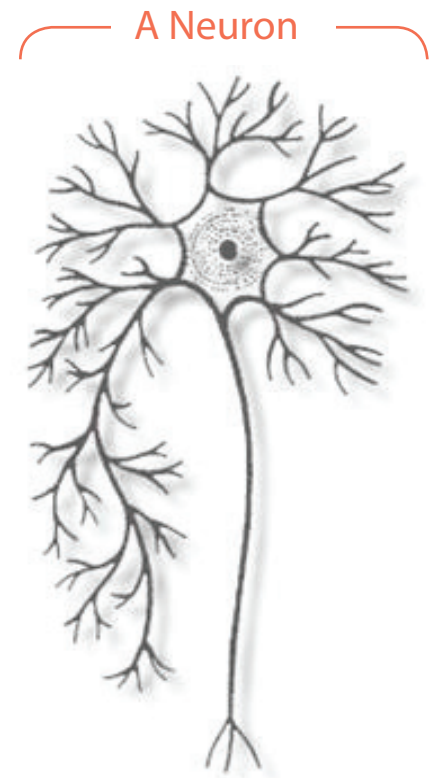
One of your brain's neurons would easily beat the world's biggest supercomputer in a fight; a fight to see who was brainier that is.

You have billions of neurons and they all work together to make you who you are, which is awesome.

# WESOME!



Those neurons are quick and smarter than any computer. Maybe you don't always feel as clever as a computer, but we will show you how to improve the way you learn so you do!



Learning is something that no one can do for you, but it is something you will have to do for the rest of your life - yes even after school! So it makes sense that you learn how to learn quickly and effectively.

The techniques shown today are based on scientific evidence and have been developed over twenty years. Not all will suit everyone so it is up to you to choose which strategies work for you.

**That is the beauty of learning, the power is all yours.**

# THE PHILOSOPHY OF MEMORY

## 1. Relax.

To be able to memorise and recall things, brain waves should look more like this...



...and less like this rather stressed brainwave.



**Too much stress** lights up all the wrong brain cells, making it harder for you to find the cells with the information you need and want.



## 2. If you think you can, or think you can't, you're right.



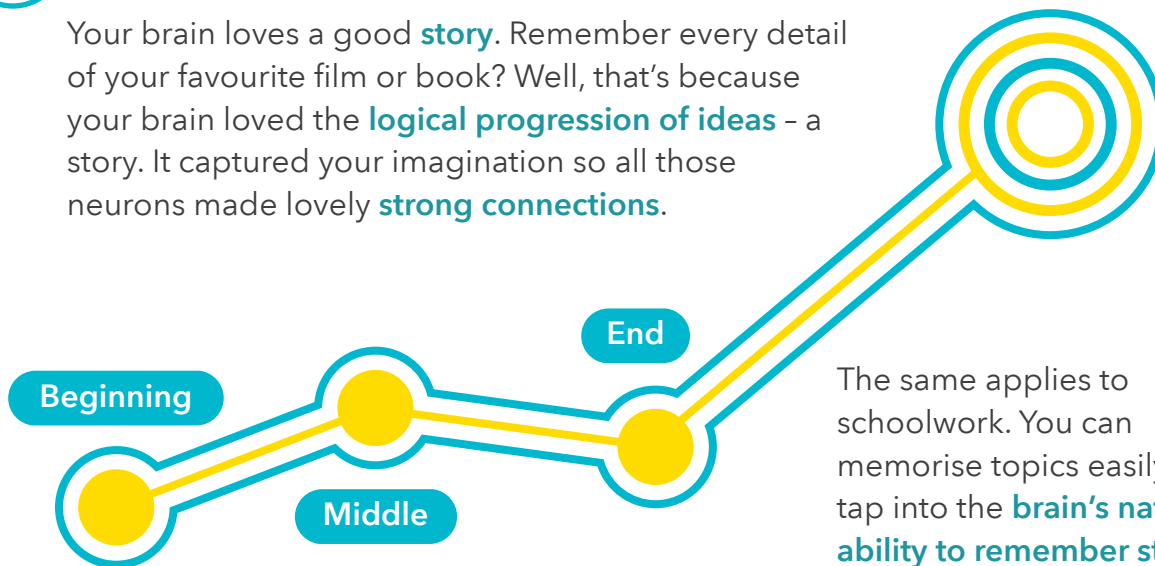
If you think negative thoughts like, **"I will never be able to do this,"** then your brain naturally activates all the cells connected to failure. Then you fail.

If you change your mindset and **think positively** then different cells, the ones that make you more alert and help find the **correct information**, become active.



### 3. Link information together.

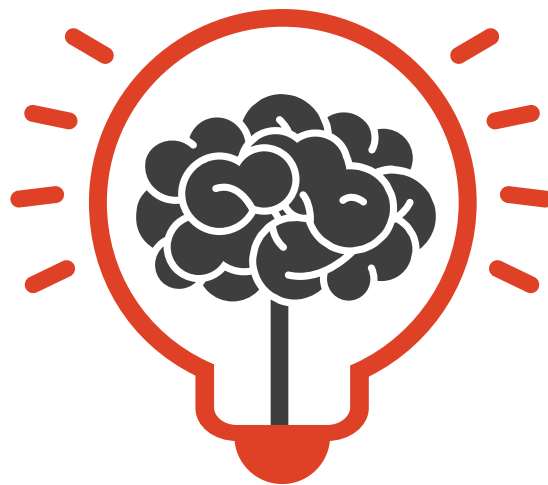
Your brain loves a good **story**. Remember every detail of your favourite film or book? Well, that's because your brain loved the **logical progression of ideas** - a story. It captured your imagination so all those neurons made lovely **strong connections**.



The same applies to schoolwork. You can memorise topics easily if you tap into the **brain's natural ability to remember stories**.

### 4. Unleash your imagination!

A little imagination goes a long way. The **more** you use your **imagination** the stronger the links between brain cells become **improving** your memory and learning performance!



### 5. Review.



**Reviewing** your work at key times helps to strengthen your neural connections.

In fact, it is the key to a **successful memory**.

# MARVELLOUS MEMORY

## Image Chains

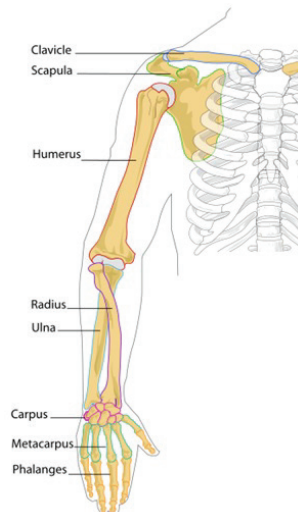


This is a simple and imaginative way to remember lists of words. You simply take each item on the list and link them together using a story. The crazier the better!

## Mnemonics

1. First letter triggers
2. Visual triggers
3. Rhyming triggers

Clavicle \_\_\_\_\_  
 Scapula \_\_\_\_\_  
 Humerus \_\_\_\_\_  
 Radius \_\_\_\_\_  
 Ulna \_\_\_\_\_  
 Carpals \_\_\_\_\_  
 Metacarpals \_\_\_\_\_  
 Phalanges \_\_\_\_\_



“ In fourteen hundred and ninety-two, Columbus sailed the ocean blue. ”



## Loci

First used by the Ancient Romans (seriously!) and now famously used by Derren Brown and World Memory Champions, Loci or Memory Palace works by logically placing items in various locations. It's best to use a place you know well like your home, classroom or exam hall. Go wild and unleash your imagination!

You can use this technique for all sorts of things. It works particularly well with people, such as historical figures. You can include important information about these people as part of their location.

But there are many other possibilities, such as using parts of your body as locations or reminders. Or you can put the first word of your image chains into each location to trigger each list you've memorised.

## Peg Words

Like Loci, Peg Words is a technique that links an item you need to remember to a visual image. But this time you link things to a number.

The problem here is that a number is in itself intangible; it's hard to imagine creatively. You can get around this by inventing a new counting system!



Make your own...



## Number and Dates

Shape Pegs

This is a similar system to the rhyming pegs system, but instead of rhyme you look at the shape of the number to create an image. For example, 7 could be a boomerang and 2 could be a swan!

The Enigma System - become a spy!


To remember dates, formulas etc. become a spy by creating your own code system, where every number translates to a letter. Then unleash your imagination to create words and phrases to help you memorise the numbers!

1 2 3 4 5 6 7 8 9 0  
A B C D E F G H I O



The great fire of London happened in 1666. Using the code, 1666 translate to **AFFF** - **A**Flaming **F**erocious **F**ire!

# EXERCISE SPACE





## 4

## Steps to Success

So far today you have learnt how to remember lists, keywords and details, but what about an entire topic? We have a very simple plan.



Understand it.



Condense it.



Memorise it.



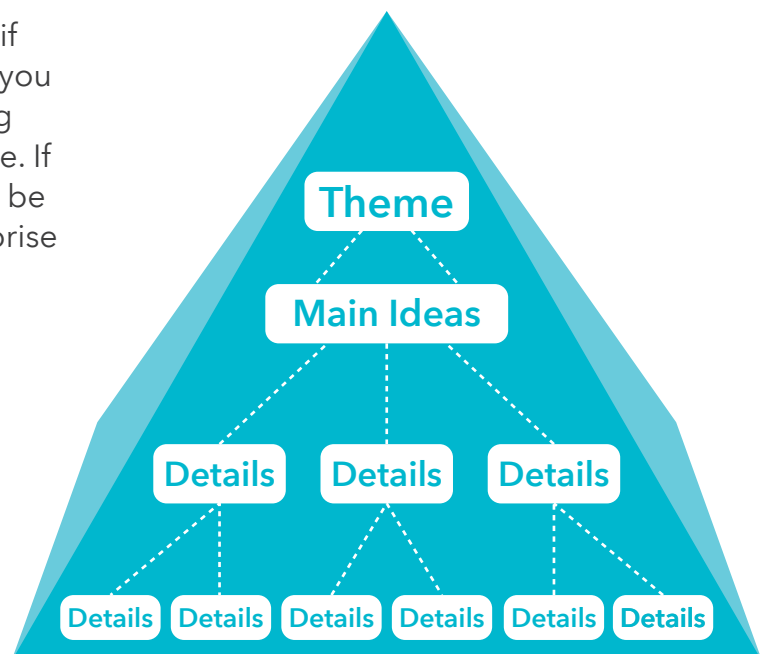
Review it.

## STEP

## 1

## Understand it

You won't remember a unit of work for long if you don't understand it. Think of each topic you study as a giant jigsaw puzzle and everything you learn as a piece to completing the puzzle. If you understand how it all fits together, it will be less confusing and you will be able to memorise it all easily.





In the morning, Greg went shopping at TK Maxx. He bought trainers, a new tracksuit and a nice pink hat for his sister.

In the afternoon, Greg played football at Claris Park with his friends.

He was so busy that there wasn't any time left to do his homework, which didn't bother him much.

What is the theme?

---

What are the main ideas?

---

---

---

What are the details?

---

---

---

Details are connected to the theme in three main ways:

Explain: What, why, when, where, how and who

Example: For example, such as, for instance...

Expand: However, but, therefore, except, also etc.

## STEP

## 2

## Condense it

Look at how Greg's Day has been condensed in the examples below. Either style shows the links between the information and gives you an opportunity to be creative rather than reading or writing out paragraphs!

## GREG'S DAY

1) Greg goes shopping

@ TK Maxx

② morning

? buy things

- trainers

- tracksuit

- pink hat

→ sister

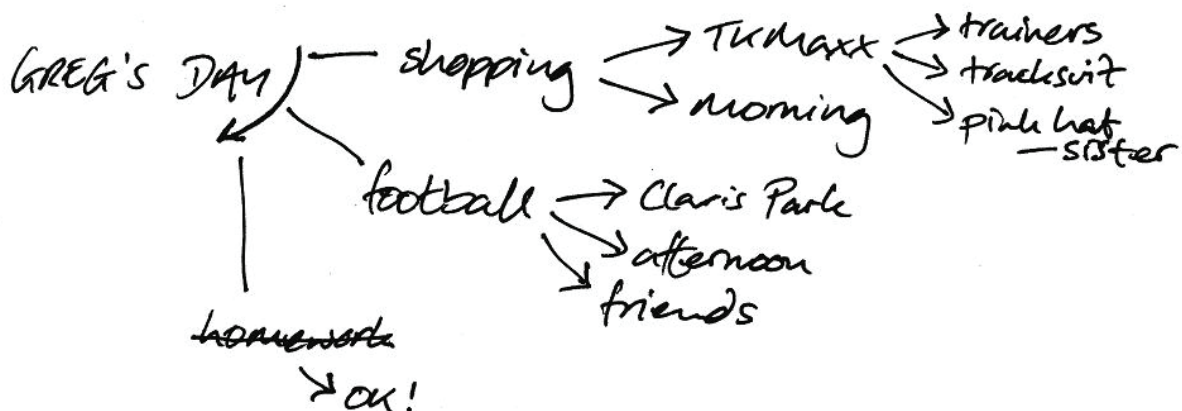
2) Played football

@ Claris Park

♀ with friends

3) No time for homework

→ didn't bother him!



## Henry VIII



Henry VIII was King of England from 1509 until his death in 1547. Henry is said to have been an attractive, well-built and very athletic man, accomplished at many sports. Later on in life, he had a succession of health problems, partly due to becoming very obese.

He is famed for having been married six times. He divorced two of his wives, another two of his wives were beheaded, one wife died and then Henry himself died whilst married to his sixth and final wife. As well as being married six times, Henry is known to have had many affairs.

Henry VIII is also famous for his part in the English Reformation - the creation of the Church of England by separation from the Roman Catholic Church. His squabbles with Rome, which were mainly due to the issues surrounding divorce, eventually led to the dissolution of the monasteries and the establishment of himself as the Supreme Head of the Church of England.

**Condense it...**

## Hurricanes



Hurricanes are one of the most powerful forces on earth. They are the combination of powerful masses of swirling wind, clouds and rain. Rain pours down in a steady flow of solid sheets and winds can gust up to one hundred and seventy kilometres per hour.

The extraordinary power of these storms damages more property than all other kinds of storms. Trees are uprooted and roofs are ripped off the tops of buildings. Power poles crash to the ground causing power failure. Low-lying lands are saturated by floods.

In 1970, over 500,000 were killed during a hurricane in Bangladesh. The most deadly hurricane to hit the USA in recent times was in August 2005, when Hurricane Katrina devastated parts of the east coast especially New Orleans - where 80% of the city was flooded. Over 2000 people were killed and countless others became homeless. The total cost of the damage was in excess of \$100 billion.

Expert scientists use satellites and a series of radar stations to monitor the formation and movement of hurricanes. The storms no longer take people by surprise. Experts issue a "hurricane warning" if a storm is predicted to strike within twenty-four hours and this gives people in the storm's path time to move to safety.

**Condense it...**

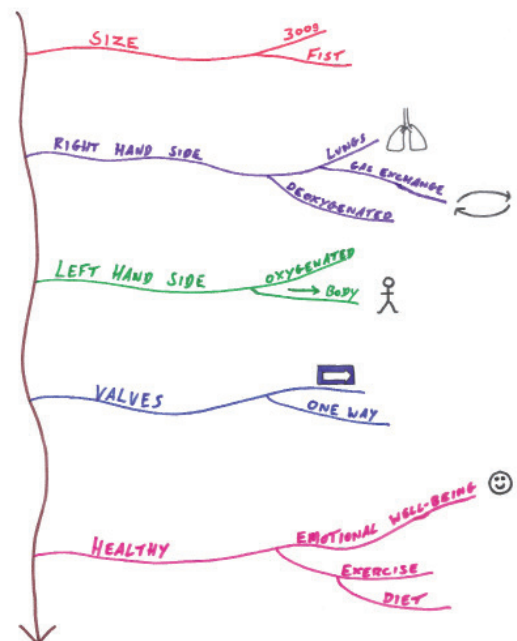
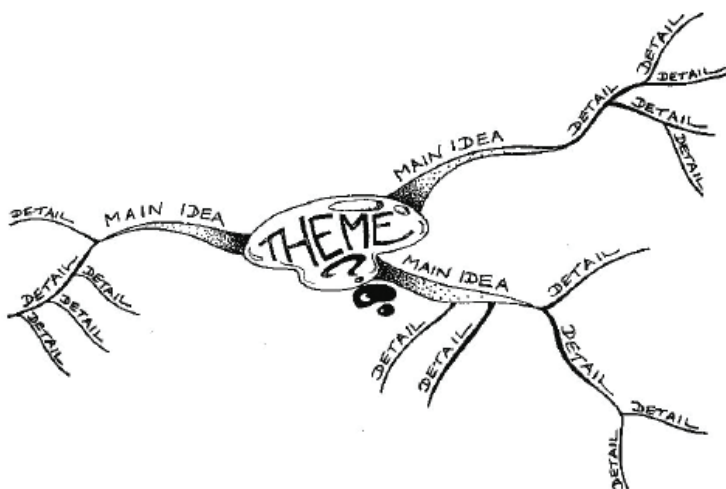
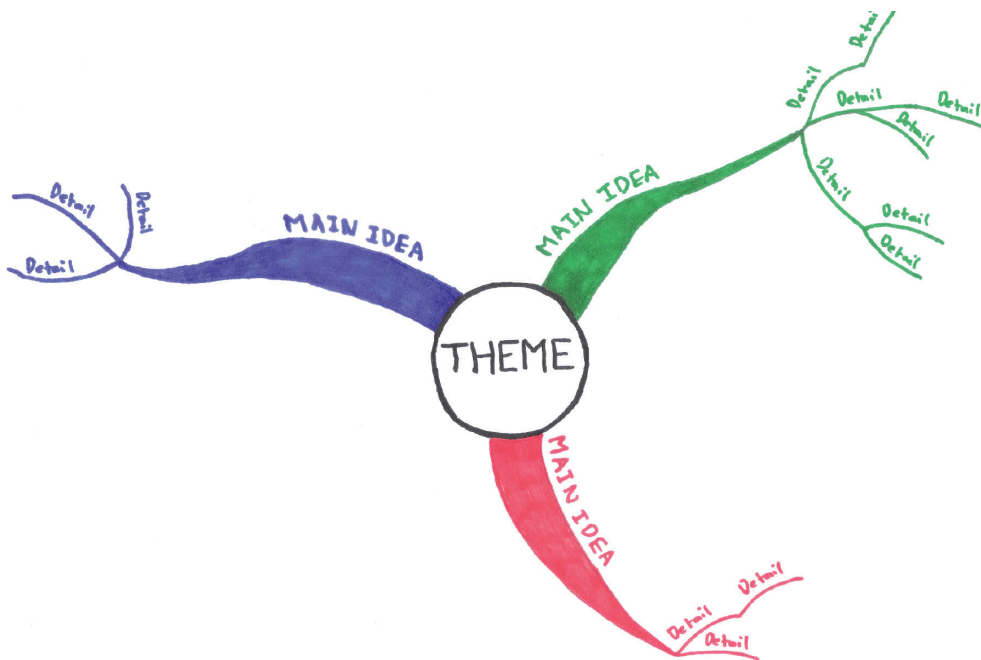
STEP

3

Memorise it

Association Maps (A - Maps) are an excellent memory tool for large topics, but can help you understand and condense information too.


Your memory likes logic and imagination because of what goes on in each half of your brain. Your right brain is for creativity and your left-brain is for logic. When the two halves work together you are stimulating more activity in your brain. This means you are unstoppable!



# MY A-MAP

A large, empty rectangular box with a thin blue border, occupying most of the page. It is intended for a student to draw or write their 'A-MAP' (Action Map).

# EXERCISE SPACE





# WHAT IS YOUR MINDSET? FIXED OR GROWTH

 Strongly Disagree

 Strongly Agree

1 2 3 4 5

**A** Your intelligence is something very basic about you that you can't change very much.

1 2 3 4 5

**B** You can learn new things, but you can't really change how intelligent you are.

1 2 3 4 5

**C** No matter how much intelligence you have, you can always change a bit.

1 2 3 4 5

**D** You can substantially change how intelligent you are.

1 2 3 4 5

**E** You are a certain kind of person, and there is not much that can be done to really change that.

1 2 3 4 5

**F** No matter what kind of person you are, you can always change.

1 2 3 4 5

**G** You can do things differently, but the important parts of who you are can't really be changed.

1 2 3 4 5

**H** You can always change basic things about the kind of person you are.

1 2 3 4 5

## Mindset Answers

Mindset Questions Total Score

Fixed A, B, E, G .....

Growth C, D, F, H .....

(Ref: From the work of Professor Carol S. Dweck)

# EXERCISE: APTITUDE TEST

This three-minute test has been designed to see how good you are at exams.

- 1 Read everything before doing anything.
- 2 Put your name in the upper left-hand corner of the page.
- 3 Circle the word "name" in the second question.
- 4 Draw five small squares in the upper right-hand corner of this page.
- 5 Put an X in each square mentioned in number 4.
- 6 Put a circle around each square.
- 7 Sign your name at the bottom of this page.
- 8 After your signature write YES YES YES.
- 9 Put a circle around number 1.
- 10 Put an X in the lower left-hand corner of the page.
- 11 Draw a triangle around the circle you just drew.
- 12 On the side of this page multiply  $70 \times 30$ .
- 13 Draw a circle around the word "page" in sentence number 4.
- 14 Loudly call out your first name when you come to this point in the test.
- 15 If you think you have carefully followed directions, call out "I HAVE".
- 16 On the side of this page add 107 and 278.
- 17 Put a circle around your answer to the last problem.
- 18 Count in your normal speaking voice from 1 to 10 - backwards.
- 19 If you are the first person to get this far call out loudly, "I am the leader in following directions".
- 20 Underline all even numbers on the left hand side of this page.
- 21 Now that you have finished reading carefully, do only question two.



STEP

4

Review it

# Getting Rid of **REVISION!**

Revision is a filthy word! It probably conjures up many negative images in your head. Revision is one part of your learning you have complete control over.

You can love it! Get Rid of Revision and follow the:

## 4 Steps to Success



Understand it.



Condense it.



Memorise it.

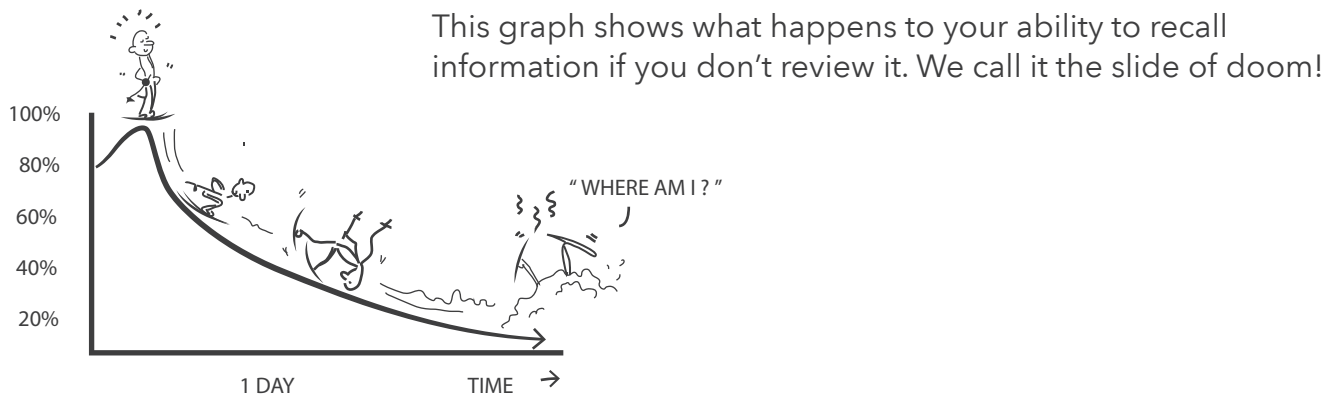


Review it.

When we learn something, new links are formed between neurons in the brain.

When you use a memory technique, it makes the connections even stronger.

But over time those connections will start to fade if you don't use them from time to time.

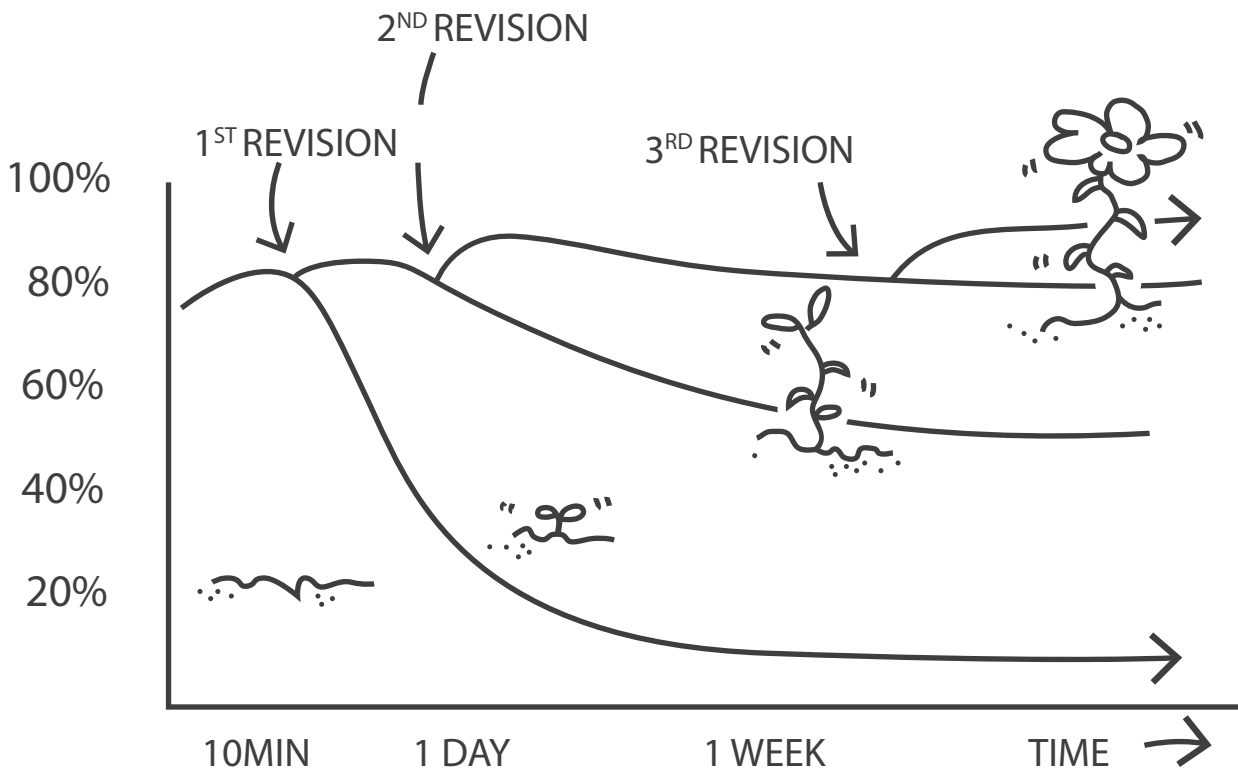


If you review work at key times then you will strengthen your neural connections and stop the slide of doom.

**Try it out.**

You might think it is all hocus pocus, but it isn't. Like a lot of what you have learnt today, this is the result of decades of research into how your brain works.

This graph shows what is happening to those neural connections with each review you do. We call it surfing the waves of memory!



# STUDY TIMETABLE

For the week of:		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
TIMES							

H

Homework

U

Understanding

M

Memorising

R

Revision

# NOTE SPACE

# STUDENT EVALUATION FORM

Name

School

Date

Presenter

How would you rate the presenter?

- Poor       Average       Good       Very Good       Excellent

How helpful did you find the workshop?

- Not Helpful       Slightly Helpful       Reasonably Helpful       Very Helpful       Extremely Helpful

How would you rate the ideas we covered today?

- Poor       Average       Good       Very Good       Excellent

What have you learnt today?

What will you do differently after this workshop?

Any other comments:

We hope you had a great day with us and continue to use your imagination and creativity to make learning easier. You can find free resources in our Learning Lab

[www.learningperformance.com/the-learning-lab/](http://www.learningperformance.com/the-learning-lab/)

If you had a fantastic time tell us about it on Twitter [@LPerformance](https://twitter.com/LPerformance)

**Now. Go be awesome!**

**Name:**

