

1. Understand it

2. Condense it

3. Memorise it

4. Review it

4 Steps to Success

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am. Get up / get ready							
7:30 – 8:30 Session 1 (50 mins)							
8:30 – 9:30 Session 2 (50 mins)							
9:30 – 10:30 Session 3 (50 mins)							
10:30 – 11am Break Leave the room!							
11am – 12pm Session 4 (50 mins)							
12pm – 1pm Session 5 (50 mins)							
Afternoon	Have the afternoon to do something enjoyable. Go out, sunshine and fresh air makes us feel good. Exercise helps combat stress and makes us feel better. Give yourself a reward, arrange time with friends						
Evening	Perhaps do some additional reading or watch a YouTube clip related to a subject or have the evening off – see how you feel.						

We use cognitive strategies to help us learn.
There are 4 main ways



UNDERSTANDING



CONDENSING



MEMORISING



REVIEWING

