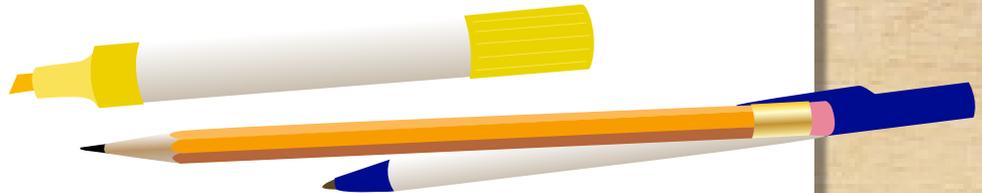


# **SQA Study Guides**

## Learning Techniques

Sometimes it seems easy to learn. Other times nothing seems to go in.

- Successful learning is also about how you learn.
- Different people learn in different ways, the learning style also plays a very important role.



How you learn is just as important as what you're learning.

- It's important to work out which type of learner you are.
- You'll get a better understanding of the subject matter and have a more enjoyable experience.



The three most common styles of learning are:

- Visual learning.
- Auditory learning.
- Learning by reading and writing.



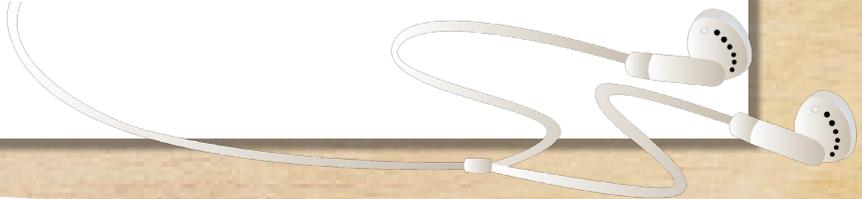
If you find it easy to remember visual things like charts and diagrams you're probably a visual learner. Useful tips for visual learners include:

- Writing down key concepts on little pieces of paper.
- Mind-maps, using colour to highlight important things.
- Colour-code notes.
- Draw diagrams and sketches to help you to remember points.



If you're an auditory learner, you'll prefer to hear the topic that you are studying.

- Try reading your notes out loud.
- Record yourself reading the key points in your notes then listen back to the recording.
- Revise with other students by discussing the topic you're studying.



Some people learn more efficiently through reading and writing.

- Read instructions or books and tend to remember things when they write them down.
- Copy out your notes or reading them silently.
- Rewrite key points using different words or writing them down from memory.

