

Learning to Learn audiovisual presentations – part 2 of 3

To continue helping to make your studying effective, our second series of Learning to Learn presentations moves from the planning stages to the actual studying process. Being organised and having a plan does not mean that you will actually begin studying, so the first presentation looks at some simple steps to help you become motivated and maintain momentum. This is followed by advice and guidance on ways to make information more easily memorable and the studying process more effective. The third presentation includes techniques to develop your memory and make the recall of information easier, and finally we emphasise the importance of regular testing sessions to ensure that new information is retained. Incorporating these suggestions into your study process should help you monitor your progress, which in turn should help to maintain your motivation.

Be Motivated to Study audiovisual presentation

If you have watched our first four audiovisual presentations, you should now have decided where you will conduct your studies, devised a study plan that suits your lifestyle and routines, and prepared a schedule that gives you a realistic work/life balance. Although you may now be physically ready to begin studying you may not be so ready mentally, and so we now turn our attention to becoming motivated to study.

In seven simple steps we will show you how you can boost your initial motivation, and then maintain it throughout the duration of your studies. Success breeds success and seeing yourself making progress at various regular points within your study plan will help to keep you on the right track, and motivated to complete each stage of your journey.

Watch the [Be Motivated to Study presentation](#):



Make studying more effective presentation audiovisual presentation

Our next presentations look at how you can make the overall process more effective. Regardless of the studying technique you use, your brain will focus on what it believes to be important, or most important, and attempt to disregard everything else. An important consideration therefore is how can you help your brain to identify what is important and then retain that information going forward.

In our 'Make studying more effective' presentation we provide some advice and guidance on brightening up your revision notes, adapting lists, using interruptions in the right way and taking the time factor into account to ensure that you remain interested in what you are studying.

We are all different and will respond to different techniques in different ways. By having a toolbox of techniques at your fingertips, you are giving yourself the best chance of exam success.

Watch the [Make studying more effective presentation](#):



Easy ways to improve your memory audiovisual presentation

An important factor in any effective study programme is how well you can remember and recall information. This audiovisual presentation looks at 'Easy ways to improve your memory' by looking at how the memory works and how you can improve its capabilities. Being able to recall information quickly within an exam situation will allow you to feel calm and confident and increase your chances of passing.

The memory is an unstable and unreliable thing and needs to be trained and tested on a regular basis to be fully effective. By using techniques that are more in line with the brain's natural way of working, information will be better understood, related to other concepts and recalled more easily when it is required.

Watch the [Easy ways to improve your memory presentation](#):



Importance of testing presentation audiovisual presentation

The previous presentation focused on your memory and provided suggestions on how you can improve its recall function. However, if information only remains in the short-term memory it is quickly replaced with new details and so it needs to be moved into the long-term area where it will be stored permanently.

An easy way of achieving this is by building regular testing sessions into your study plan. Not only does this move information into your long-term memory but also allows you to see the progress you are making. This in turn increases motivation and gives a sense of achievement. Continuing to re-test at regular intervals keeps the long-term memory active and can be done simply by organising your study notes in a certain way.

Watch the [Importance of testing presentation](#) which provides more details on these aspects:



Free Learning to Learn package of short courses

More information on many of the elements covered within these short presentations can be found within our Learning to Learn package of short courses which is offered FREE with every purchase from our [training directory](#).

The courses cover: Time Management, Exam Skills, Reading Skills, Memory and Mental Agility and Study Skills. All courses contain end of course assessments to help you gain a greater understanding of your individual preferences and habits, and are designed to help you develop a study plan that is most effective for you and your natural learning style - a study plan you are more likely to stick to. The tried and tested techniques can easily be

incorporated into your study schedule to help make the studying process more enjoyable, efficient and effective and improve your chance of passing your exam at the first attempt.