

Learning to Learn audiovisual presentations – part 3 of 3

Our final series of Learning to Learn presentations focuses on techniques to assist you as the exam draws closer. Our first presentation in this section shows you how to remember less using keywords, but still be able to fill in the gaps with the required details. The second presentation gives a technique for learning formulas and equations by using images to help the brain process the information. Finally, we focus on preparing for the actual exam to ensure that on the day you are best placed to achieve high marks and a successful pass.

Less Is Best presentation audiovisual presentation

Our first presentation in this series highlights another common mistake, specifically in the preparation of revision/study notes. A natural tendency is to write in lengthy sentences for fear of missing out important details. However, this works against the natural working processes of the brain and encourages it to be lazy, while also creating overload and triggering a filtering process over which you have less control.

Our ‘Less Is Best’ presentation gives tips and guidance for not only creating more concise revision/study notes, but also on how the presentation and positioning of ‘keywords’ in a certain way on a page will help trigger memories in the brain, allowing it to fill in the gaps when specific detailed information needs to be recalled.

Watch the [Less Is Best presentation](#):



Formulas and equations made easy audiovisual presentation

Depending on what you are studying, you may have to learn and remember several formulas and equations. For many people this can be particularly challenging as they require a different technique from that which works for facts and figures within text.

The technique explained in this presentation is based around understanding four things about an equation – what, where, how and when. As the brain is a visual organ which works best with pictures, this special technique suggests ways of creating memorable images that not only use more parts of the brain, but also create an understanding of these four elements, making subsequent recall easier.

Watch the [Formulas and equations made easy presentation](#):



Keep exams stress free audiovisual presentation

Our final presentation moves away from the techniques of effective studying to focus on exam preparation.

The stress response is a natural reaction in situations when we feel uncertain or unsafe, and if this is not managed and controlled it can result in impaired performance, and have a negative

impact on your physical and mental wellbeing. Knowing what to expect and what is expected of you in advance of an exam or assessment can help to eliminate fears and anxieties.

This final presentation gives practical techniques that help put your body into a calm and relaxed state for the exam. This will help you to focus on the questions being asked and allow your memory to function effectively in recalling the information necessary to achieve high marks.

Watch the [Keep exams stress free presentation](#):



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.