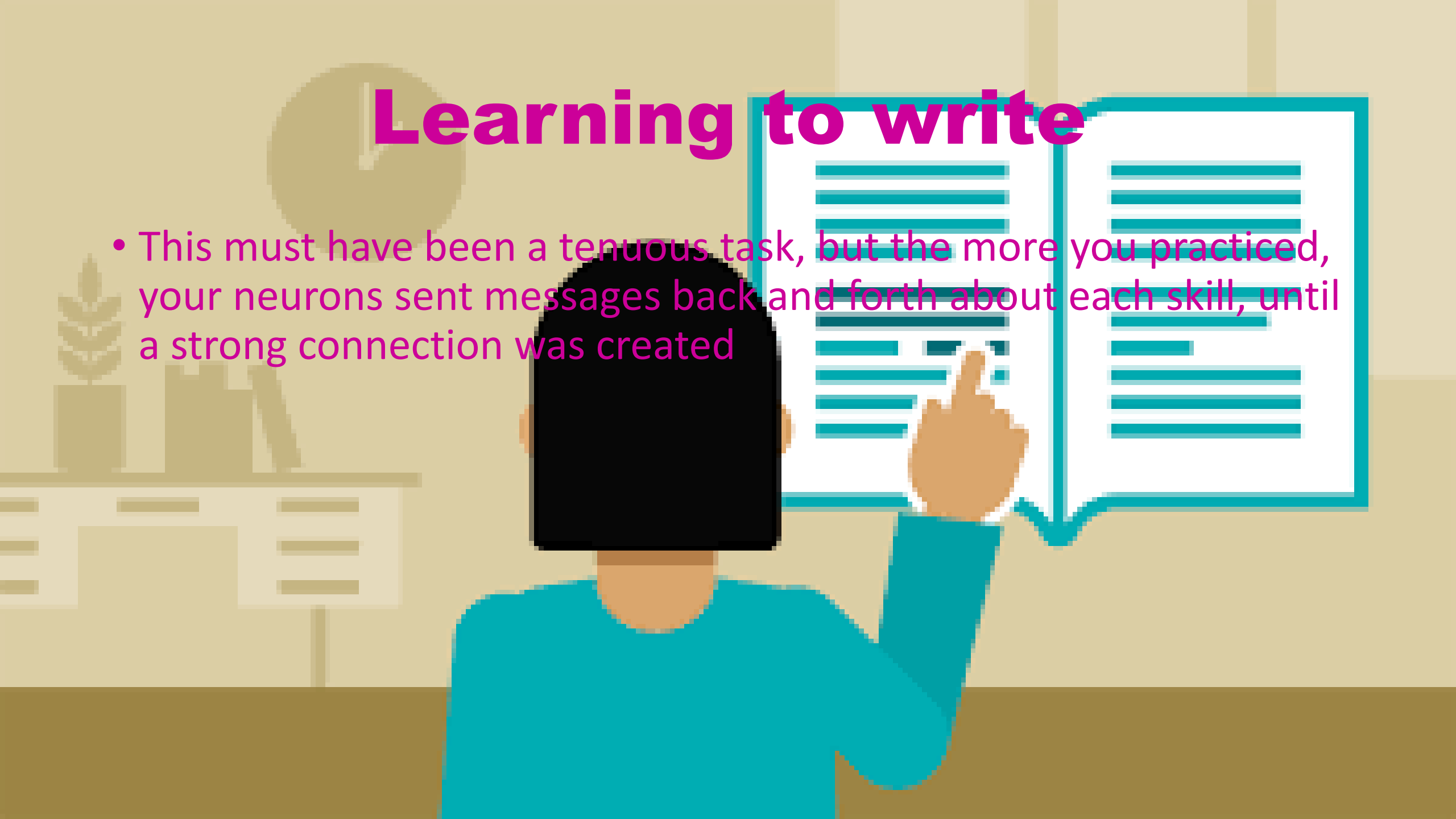


1.1 Study Skills: How learning takes place

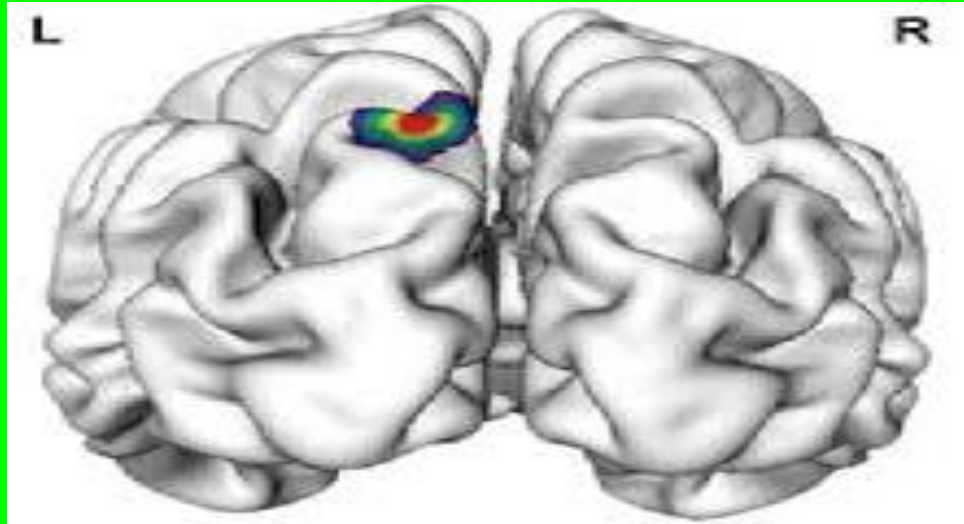
- Your brain is designed to learn.
- When you were born your brain had all its nerve cells (often referred to as neurons)
- However, not all your neurons were connected to one another
- Over time, they become connected as you learn, and messages travel from one neuron to the next.
- The more active your brain is, the stronger the connections become

Learning to write

- This must have been a tenuous task, but the more you practiced, your neurons sent messages back and forth about each skill, until a strong connection was created



- Learning shapes the brain



- Example: you were not born being able to write, you had to learn
- Thus, if you do not use your neurons, you will lose them.



- The neurons that are used regularly grow stronger.



- Meaning, your brain will NEVER stop: thinking, learning, remembering and exploring unless YOU stop using it.
- The more you learn, the better you will be at learning.

Creating a Practice of Studying

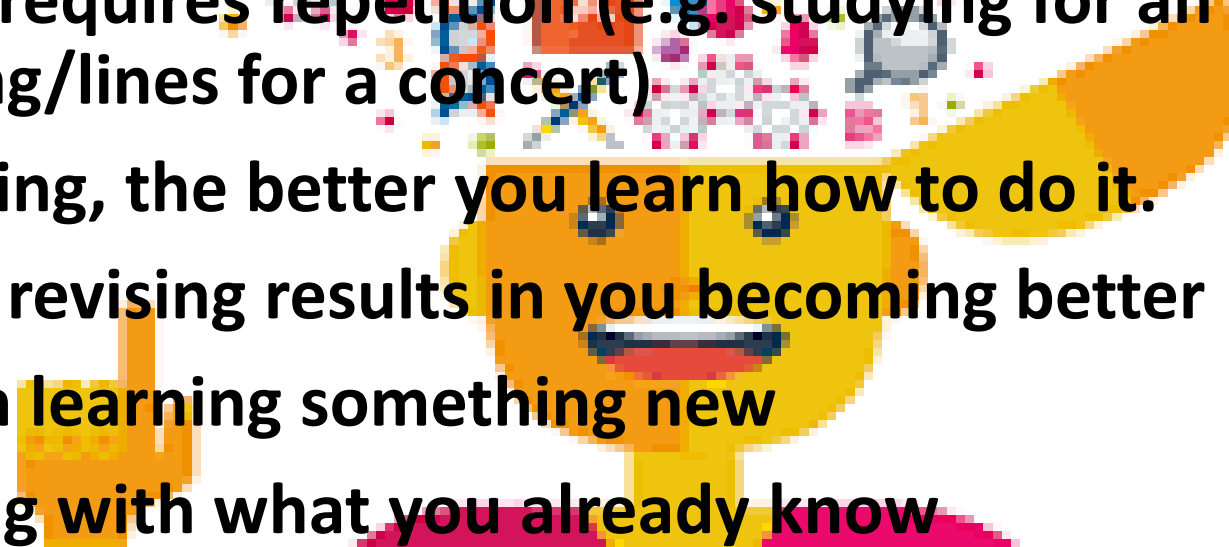
Do the following everyday:

- ✓ Learn
- ✓ Solve problems
- ✓ Recall
- ✓ Read
- ✓ Think
- ✓ Calculate
- ✓ Reflect
- ✓ write



Practice Makes Perfect



- Learning something new requires repetition (e.g. studying for an exam, learning a new song/lines for a concert)
 - The more you do something, the better you learn how to do it.
 - Practicing, repeating and revising results in you becoming better
 - You may feel happy when learning something new
 - Link what you are learning with what you already know
- 



Evaluate how effective your learning is

- Your marks for your 7 subjects will give you an indication of how well you learn
- Even if you are getting high marks, you may be able to improve your learning to obtain higher marks



Activity 1: Quiz on how you learn

1. Answer 'yes' or 'no' to the questions in this quiz. Be honest, as this quiz can help you find out more about how you can learn.
2. Then check the guide at the bottom of the page to see how you are doing.



When you learn, do you:	Yes/No
1. Have a quiet place where you can study, without distractions?	
2. Use a study timetable?	
3. Get enough sleep?	
4. Use visuals such as mind maps, colours, flash cards?	
5. Make summaries?	
6. Write short notes?	
7. Study every day?	
8. Always study for your tests and exams?	
9. Manage your time?	
10. Do your work immediately and not procrastinate?	
11. Answer practice exam and test questions?	
12. Know the best learning style that works for you?	
13. Organise yourself?	
14. Use your voice to help you remember?	
15. Revise your work?	

How effective is your learning?

- **Some learners struggle to study.**
- **It's not that the work is difficult, but rather they are not using helpful study skills.**



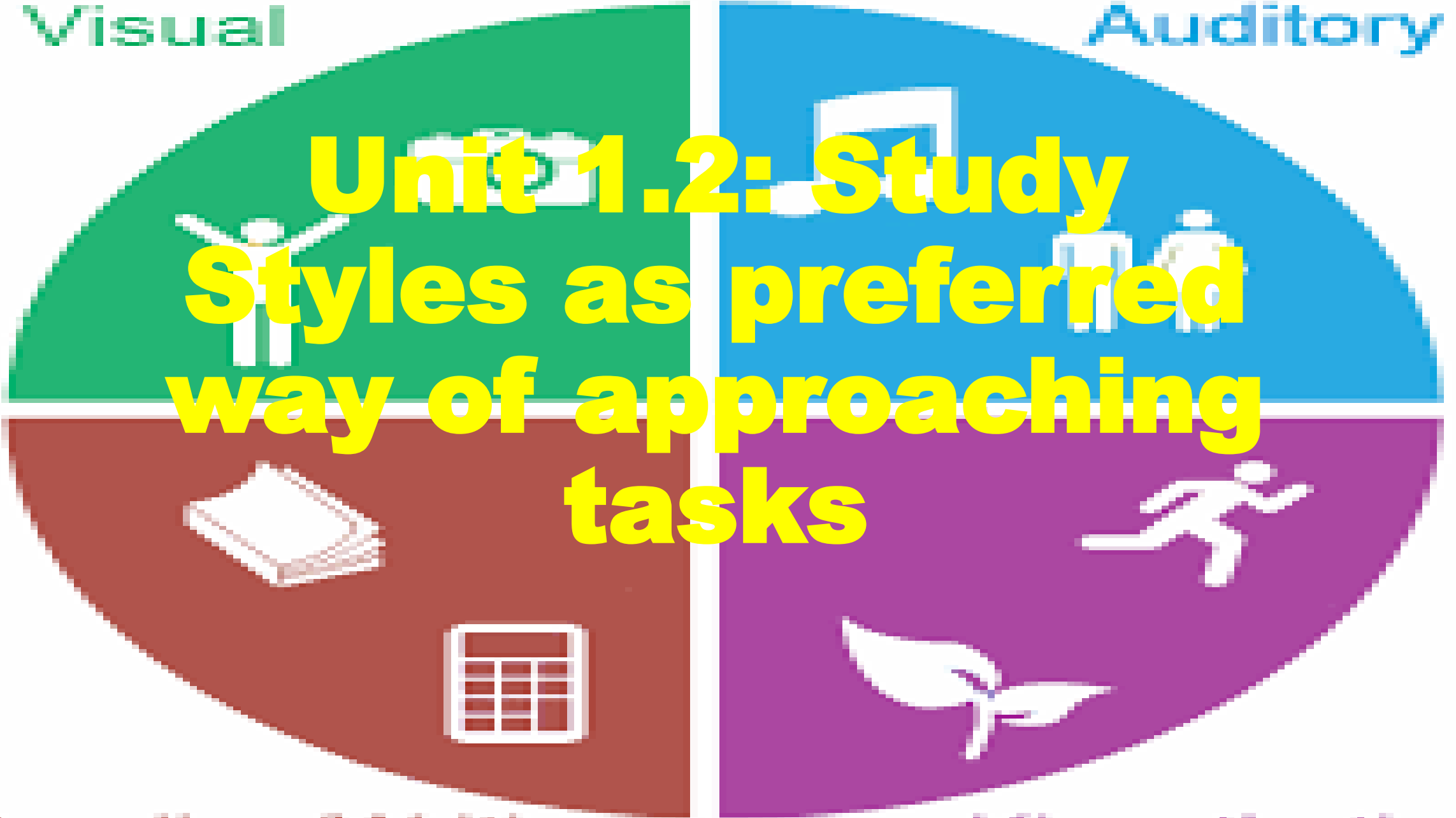
Visual

Auditory

Unit 1.2: Study Styles as preferred way of approaching tasks

Reading/Writing

Kinesthetic



Every individual's brain is different, because of the way in which it is wired.

1. Your brain is special and unique

2. Each brain prefers to learn in a particular way.

3. You need to find a learning style that suits the way your brain is wired

4.3 how you remember information for exams

4. If you get to know what your brain prefers, then you can improve various aspects of your schooling

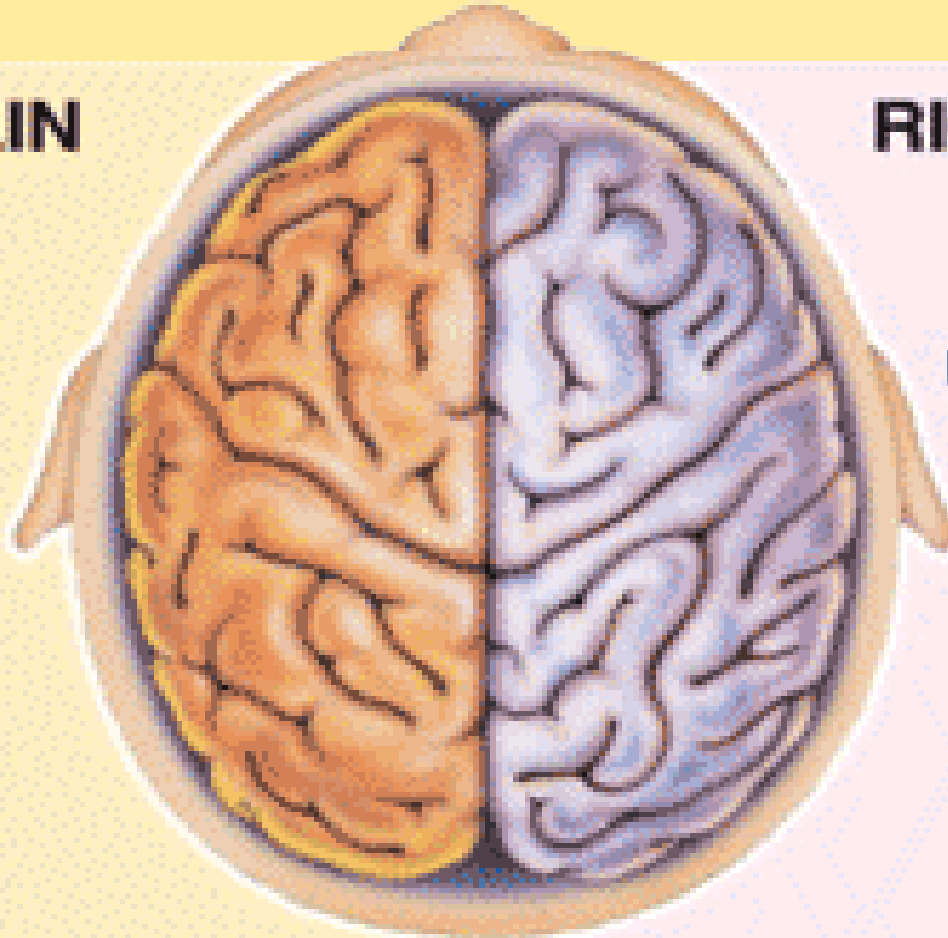
4.2 your understanding of school subjects.

4.1 you may improve your way of doing tasks and studying.

Function of Left and Right Brain

LEFT BRAIN

LOGIC
ANALYSIS
SEQUENCING
LINEAR
MATHEMATICS
LANGUAGE
FACTS
THINK IN WORDS
WORDS OF SONGS
COMPUTATION



RIGHT BRAIN

CREATIVITY
IMAGINATION
HOLISTIC THINKING
INTUITION
ARTS (Motor skill)
RHYTHM (Beats)
NON-VERBAL
FEELINGS
VISUALISATION
TUNE OF SONGS
DAYDREAMING

Key word: Dominance

When one aspect is stronger than the other

1. Your learning preference depends on whether you lean towards the right or left side of your brain

2. Thus, no one is 100% left brained or 100% right brained

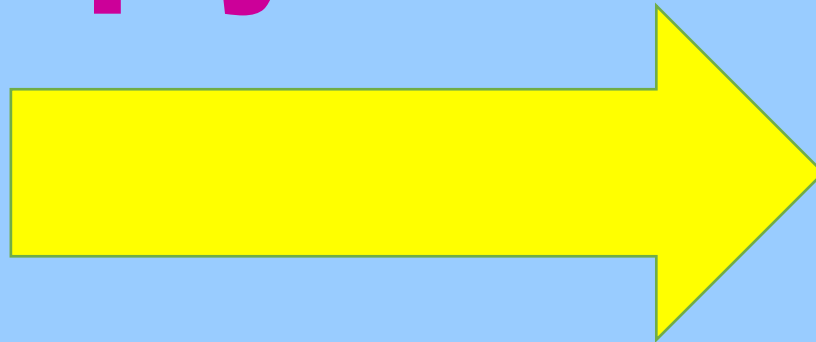
3. There is instead a preference/**dominance** for either your left or right side

5. Everyone needs to develop both sides of their brain

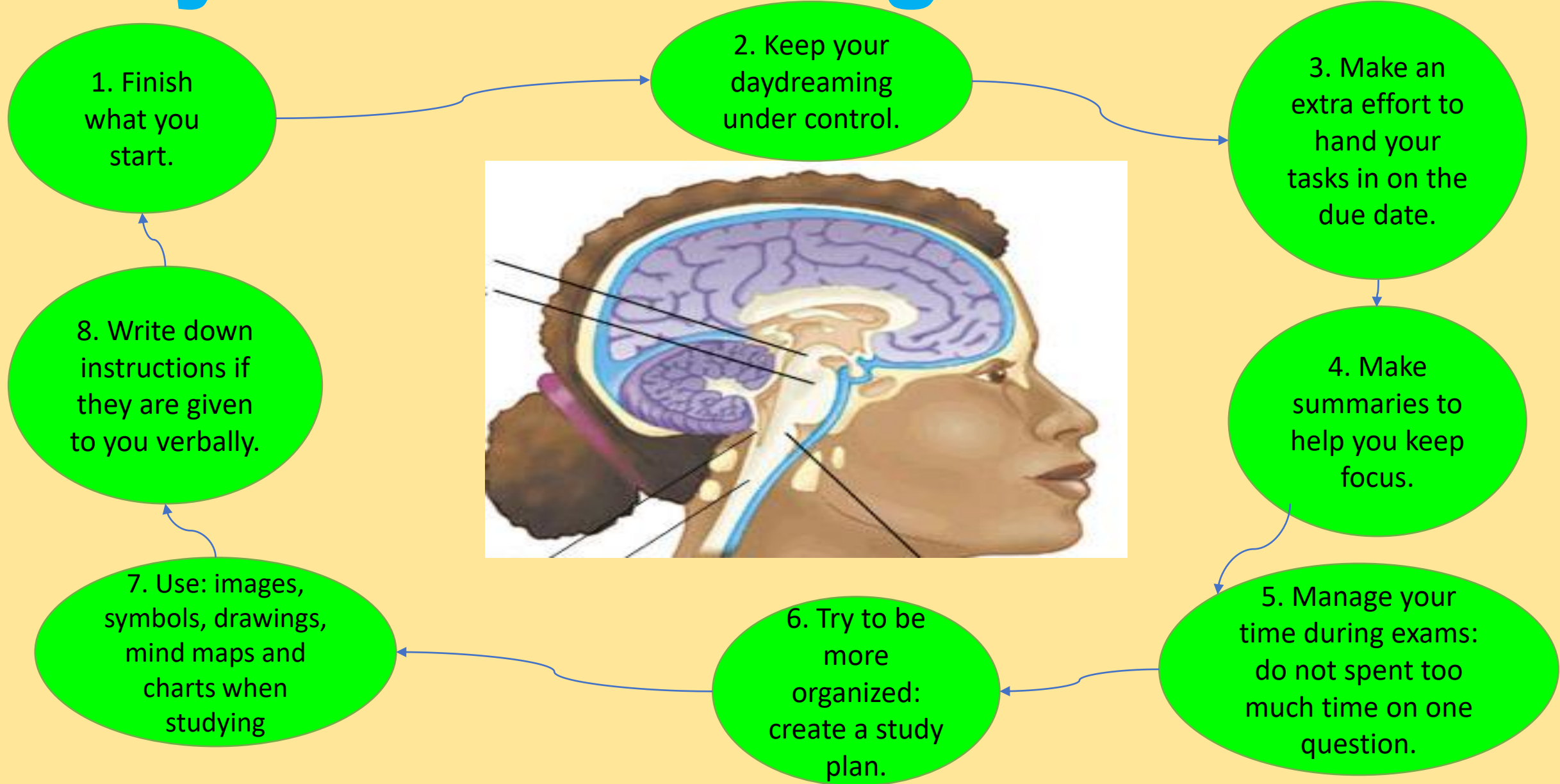


4. One side is not better than the other.

**Use your brain dominance to
help you study**



If you are more right-brained:



If you are more left-brained

1. Answer the factual questions in your test/exam first

7. Practice answering open-ended questions.

6. Study in a quiet room.



5. Try to be more creative. Do not criticise your efforts at art, music or writing.

2. Work on your strengths. Enter math, science and accountancy competitions.

3. Join a math or science group and help other learners.

4. Keep all your notes organized and ready for when you want to study.

Activity 3: Quiz to find your brain dominance

- 1. Find out if you are more right-brained or more left-brained. Read the statements in the Table 2 (circle the numbers that are true for you).**
- 2. Then add up to see if you have more circles on the left or the right side.**
- 3. Write a paragraph stating whether you are more right-brained or left-brained dominant. Give practical examples.**



Left-brain dominance	Right-brain dominance
1. You first want to understand one paragraph, before the page/chapter.	1. You want to understand the whole chapter first, rather than one paragraph at a time.
2. You like order in your classroom.	2. You prefer less structure in the class. You like more freedom and the chance to move around in class.
3. You are comfortable listening to lessons and oral directions. You are fine with long lessons.	3. You get bored listening to a lot of facts and oral directions.
4. You enjoy analysing problems to find the right answer.	4. You like to write or tell poems and stories.
5. You like to focus on the topic.	5. You like to daydream and sometimes take longer to answer.
6. You answer factual questions very quickly. You prefer questions to have right and wrong answers.	6. You are more disorganised.
7. You are organized.	7. You prefer to study while laying on your bed.
8. You prefer studying while sitting up at a desk.	8. You think there are many different ways that can be right or wrong.
9. You find it easy to remember facts.	9. You sometimes struggle to remember facts.
10. You don't enjoy writing creative essays.	10. You prefer literature to grammar.
11. You enjoy doing calculations.	11. You enjoy drawing or making music.
12. You enjoy grammar more than literature.	12. You find it easy to write creative essays.

Complete Activity 4 page 105

Know your learning styles:

1. Summarise how you need to study to suit your left-brain or right-brain **dominance**.
2. Explain which learning styles you will use to suit your stronger intelligence.

