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My beloved colleagues salam

I just wanted to share some important techniques of learning (students) with you all: **Series 1**

Techniques of Effective Learning

Learning is defined as a process that brings behavioral changes to a person. It is a skill that must be acquired by individuals in their studies and later, in their careers. Students learn differently based on their individual unique styles of learning.

The following are some techniques of effective learning:

1. Tell yourself that you are learning with a purpose. You have a goal to accomplish.
2. Mind-map the information for easy understanding and remembering.
3. Determine your own time and place of learning as long as it does not clash with your bedtime hours.
4. Give priority to urgent tasks that require immediate attention.
5. Make a resolution to really want to study.
6. Have a positive attitude and participate in class activities.
7. Read effectively and pay special attention to the summary of the chapter.
8. Study in a group where members have similar learning styles.
9. If you do not understand any part of the lesson, ask the instructor for help.
10. Do not allow the learning process to stress you out. You are a student and your job is to learn.
11. Learn step by step and do not overload your memory.
12. Make sure that you are in the right state of mind and ready to study. Do not force yourself to study.
13. Have a reason or goal for wanting to do well in your studies. For instance, if you aim to be a successful doctor, your ambition will spur you on to achieve your educational goals.
14. Make the learning relevant to situations in real life; believe that you can solve problems if you are a knowledgeable person.
15. Learn the way you are comfortable with. You may be a visual, auditory or kinesthetic learner i.e. you may learn better by reading, listening or doing / being hands on.
16. Go through the material carefully, taking great care to remember all the headlines, graphs and pictures.
17. Highlight new information and emphasize the important points.

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