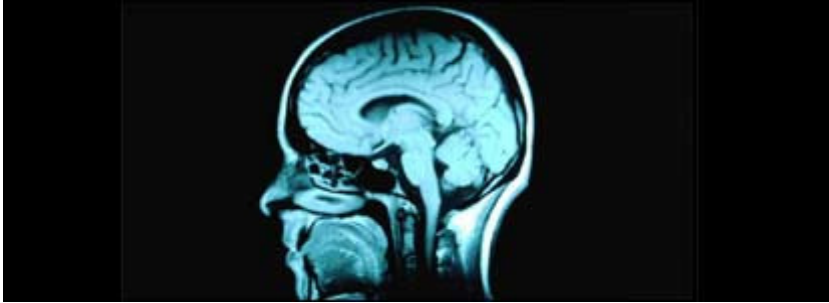


LEARNING TIPS FOR STUDENTS

Memory techniques



Memory techniques or mnemonics are ways of remembering information that is otherwise quite difficult to recall. If you need help revising for your exam, try some of these:

Rhyme

You are more likely to remember the words of a song or a poem rather than a paragraph from a book. That's because rhyme often sticks in your mind.

You can use this 'sticking power' by making up a verse about the topic you are revising, for example:

30 days have September, April, June and November.
All the rest have 31, except for February alone.
When leap year comes once in four, February then has
one day more.

In fourteen hundred and ninety-two,
Columbus sailed the ocean blue.

Acrostic

One way to remember a list of words in order is to make up an acrostic, using the first letter of each word in the list, for example:

The colours of the rainbow in order, from the outside to inside are:

Red, Orange, Yellow, Green, Blue, Indigo and Violet.

They can be remembered using this acrostic:

Richard Of York Gave Battle In Vain.

Acronyms

Аcronyms (акроним) are similar to acrostics (акростих) but they are words (as opposed to sentences) created by the first letters of a series of

words.

Many organisations use acronyms such as Action on Smoking and Health or ASH.

Here are five things you might need to bring to school: games **K**it, reading **B**ook, packed **L**unch, school **T**rip money, **C**alculator

This gives you the acronym:

BLoCK iT!

A top tip is to use vowels (aeiou) in the acronym but only let the consonants stand for the words to be remembered.

Numbers and rhyme

A way of remembering numbers is by picturing objects that rhyme with each digit from 1 to 10, for example:

1 rhymes with bun

8 rhymes with gate

6 rhymes with sticks

So to remember that the speed of light is 186,000 miles per second, you imagine a bun (1) going through a gate (8) made of sticks (6) whilst being struck by a two bolts of lightning.

This strange visual image will help you remember the numbers one, eight, and six in order and associate that figure with 'light' (lightning) and 'per second' (two bolts).

Spelling techniques

Breaking words down into parts can help you remember how to spell them, for example:

- A **friend** is always there when the **end** comes.
- **I** before **e** except after **c**. This helps you remember how to spell words like **retrieve** (взять обратно, вернуть себе) and **receive** (получать). But remember **weird** (таинственный; странный) is spelt **weird**!
- **Separate** is a **rat** of a word to spell.
- You wear one **collar** and two **socks**. This is a reminder of how many **cs** and **ss** in **necessary**.

Grouping

A good way to remember a long list of items is to group them into categories.

Look at this list of sports:

Skiing, basketball, netball, tennis, long jump, 100m sprint, hockey, rounders, ice-skating, discus, golf, high jump, volleyball, javelin, football, rugby, lacrosse,

cricket, gymnastics, hurdles.

It is easier to remember them if you separate them into categories, e.g. athletics, sports played on a pitch, racquet sports. That way you will have less sports to remember per group.

Names and pictures

You are more likely to remember something out of the ordinary. Creating strange images in your head helps you remember.

For example, if a new girl called Nina joined your class and you wanted to remember her name, you could think of an object image associated with her name, for example:

- ambulance (siren sound ni-na)
- knee (**Ni**-na)
- Hyena (rhymes with Nina)

Picture your classmate alongside one of these objects e.g. with a flashing siren on her head.

This strange visual image will make it easier to remember their new name.

Journey and peg

Another way to remember a chain of information is to peg (здесь: приколоть на чем-либо; отметить) each bit on a landmark from a familiar journey.

Think of a journey you do quite regularly. This could be your route to school or the journey from your bedroom to the front door.

Write down all the landmarks you pass in order on a piece of paper; each on a separate line.

Now pick some information from one of the subjects you need to learn.

Write down each bit of information next to a landmark.

Now imagine yourself making the journey, passing each bit of information pegged to each landmark. This will help you recall the details more easily.

Teach

Another good way of retaining information is to teach someone else what you have learned.

This method can help you remember 90 per cent of the information.

Revision DOs and DON'Ts



Revision DOs

- Make yourself a nice work area. You need a flat surface with good light. Gather up plenty of pens and pencils. A ruler, scissors, glue, dictionary and notebook are also useful.
- Try and do your revision at the same time each day. Getting into a routine will make it feel less of a chore.
- Explain your revision task to a family member and tell them how it follows on from what you studied at school. Talking about it will give you some ideas.
- Eat a healthy snack before settling down to do your revision.
- Use a variety of resources including the internet. There are games that can make revision much more fun than just reading from a textbook.
- Revise outside the textbook. E.g. if you are studying Shakespeare, watching a play will make it more interesting and reinforce what you have learned at school.
- Studying with a friend is a good way to share ideas and motivate one another.

Revision DON'Ts

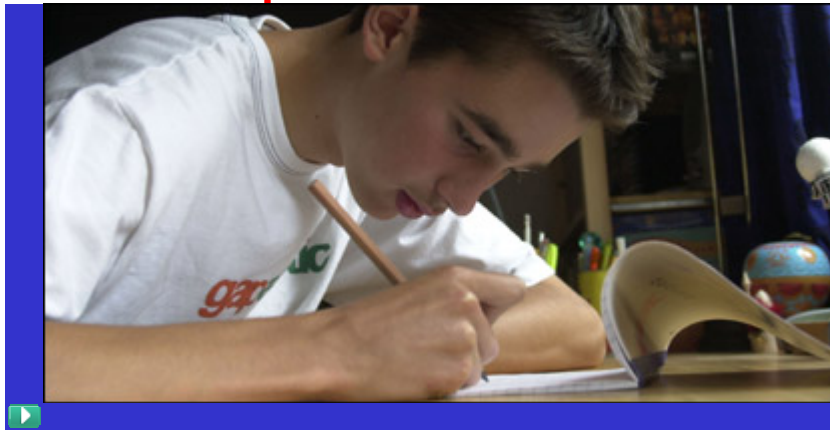
- Don't start revising until you've made a revision plan showing what you need to do and when you will do it.
- Don't revise with the TV on. Turn it off but listen to music if you find it helps.
- Don't forget to take a break. A 15-20 min break every 90 minutes will refresh your mind. Go for a walk, have a drink or listen to some music.
- Don't forget to have a good night's sleep.

Under Pressure? Six Golden Rules

- Stick to fulfilling your potential, not other people's expectations.
- Ask for help if you need it.

- Take time out and relax, it will pay off.
- Focus on yourself, not on what anyone else thinks or does.
- Remember this is NOT your ONLY chance to prove yourself.
- Believe in yourself, you've got no reason not to.

How to stamp out exam stress



Newsround's Adam has been speaking to some experts to find out how you can stamp out (искоренять, подавлять) stress when it comes to exams.

Here are some of their top tips for staying cool during test season.

1. Stay calm

Getting worried is natural but don't let your worries get out of control.

Try writing down what scares you on a piece of paper, then scrunch up the page (смять) and chuck it away (выбросить)!

Always try to picture happy things - NOT scary stuff.

2. Take deep breaths

If you feel very tense, then you are probably not breathing properly. Try taking 10 big, deep breaths and you will feel more relaxed.

3. Have a break

It is important to take lots of breaks when you are doing a lot of studying. If you have a snack, then try to make it a healthy one. Sleep is important too - so no late nights.

4. Try to relax

When you are talking to your friends about exams, don't let them wind you up...(взвинчивать) And don't wind them up, either!

Remember you can always talk to an adult about how your revising is going and how you are feeling.

5. Don't panic

Tests might seem like the most important thing in the world, but it's not the end of the world if you don't get full marks.