

# Your learning system is 25% complete!

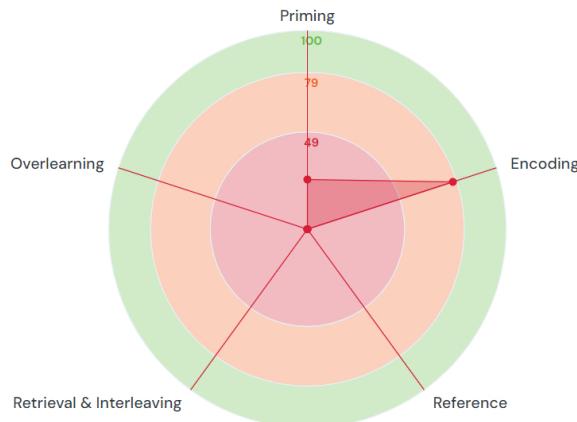
You achieved a low – moderate score for your learning system. An email has been sent to afrazasher2@gmail.com, allowing you to revisit this report at a later time and review your areas of focus.

Keep reading below to analyse your learning system radar and a thorough breakdown of how you scored for each of the 5 components of your learning system.

- Major room for improvement
- Moderate room for improvement
- Less room for improvement



## Here's your learning system radar



This is a useful way to see how balanced your learning system is and where your strengths and limitations are. Each line from the centre shows a different dimension of your learning system: Priming, Encoding, Reference, Overlearning and Retrieval & Interleaving.

The points on each line indicates your strength in that dimension:

**Green zone (80-100%):** your performance in this dimension is excellent.

**Orange zone (50-79%):** some optimisations can be made in this dimension.

**Red zone (0-49%):** this dimension requires further improvement and will yield the greatest improvement in your overall performance.

Connecting the dots: The five points interconnect to create a solid shape that helps you quickly identify the effective components of your learning system and specific areas that require more focus.

# Now, let's take a deeper look together

If multiple sections have been identified as in the red zone, we recommend focusing on the following order of priority: Priming, Retrieval & Interleaving, Encoding, Reference, Overlearning

PRIMING   ENCODING   REFERENCE   RETRIEVAL & INTERLEAVING   OVERLEARNING

## Priming

25%

This is a high-priority area for you. Priming is the part of learning that helps your brain form connections. It has significant benefits for your entire learning system.

Optimising this aspect will help prevent becoming overloaded and overwhelmed while learning, as well as improve your retention after learning sessions.

### Benefits of priming:

- Reduces overwhelm on new and complex concepts
- Increases learning speed

## Encoding

77%

This is a medium-priority area for you. Encoding is your ability to convert new information into your memory. It is a complex process and makes up the majority of your studying time.

Optimising this aspect will improve your memory (reducing how fast you forget information) and deepen your understanding. Higher-quality encoding helps save time because you don't have to continuously relearn things you have forgotten.

### Benefits of effective encoding:

- Improves short and long-term memory
- Saves time by reducing repetition

## Reference

0%

This is a reasonably high-priority area for you. Reference is about strategically using your note-taking to create notes on details that do not fit elsewhere.

Optimising this helps you save time by reducing unnecessary note-taking, streamlining your note-taking process, and helping you to focus your attention on encoding information to a high quality (instead of being bogged down by lots of irrelevant details).

### Benefits of effective reference methods:

- Necessary for efficient revision
- Reduces anxiety over details

## Retrieval & Interleaving

0%

This is a high-priority area for you. Retrieval is about calling forth knowledge from your memory. Interleaving helps you use and apply your knowledge in diverse contexts.

Optimising retrieval and interleaving will help strengthen your memory, ability to consistently and quickly recall information, and ability to apply your knowledge in more complex ways.

*Improving your retrieval and interleaving first is usually easier than starting with improving your encoding.*

**Benefits of retrieval practice and interleaving:**

- Improves test and assessment performance
- Strengthens memory and retention
- Deepens mastery of new knowledge
- Improves complex problem solving
- Increases ability to answer "curveball" questions



## Overlearning

0%

This is a medium-priority area for you. Overlearning is about learning more than you need to and to a higher level than necessary.

Overlearning can help to reinforce knowledge, deepen fluency and increase recall speed.

*Even though your score is low, overlearning is only necessary for highly competitive assessments where the standards of "success" are very high.*

**However**, another reason your score may be low is if you engage in overlearning techniques at an early stage of your learning. This is detrimental because it takes time, effort, and focus away from proper encoding and retrieval strategies, which are vastly more beneficial. As such, overlearning should be the final step in the learning system.

**Benefits of overlearning:**

- Increases recall speed
- Reinforces memory
- Improves confidence by finding knowledge gaps

# Congratulations!

This may be the first time in your life that you have been able to examine the processes behind how you learn. By breaking down the components of your learning system, you now have clarity on which areas to focus on improving. This is powerful!

Now, take the next steps to fulfil your learning potential and make your new insights count!

We're ready to help you take the next step!

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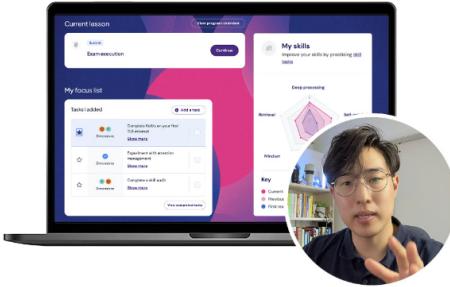
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## Word on the street about our program



**Highly recommended**

Highly recommended

Jannat, 3 days ago



**Highly recommended...**

Almost Everything in the program was life-changing for me. The community, The live cl...

Harsha Priya Annapureddy, May 23



**I am learning and enjoying I...**

I am learning and enjoying learning...

Sefili Saimonita Paongo, May 4



**Clinic 50 - Measure progress**

Topic is simple to understand and some great examples given.

Momo, April 26

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