



**Passerelles
numériques**
A Gateway for Life

Lesson 1: Learning & Study Strategies *Module 2*

C O N T E N T

01

Adult Learning Cycle

02

Memory Process & 5 Memory strategies

03

Before, during & after test taking strategies

04

Overcome anxiety tips

1. Adult Learning Cycle

- RELATE

- Why do I want to learn this?
- What do you already know about what you are learning now?

Example: What can you imagine when you see a needle?



Hurt



Adult Learning Cycle

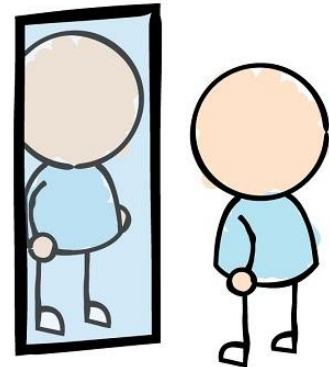
- OBSERVE

- How does it work?



- REFLECT

- What does it mean to you?



Adult Learning Cycle

- VISUALIZE
 - Remember information as picture
 - Try to mentally picture the information





Activity 1

15mns



Activity 2

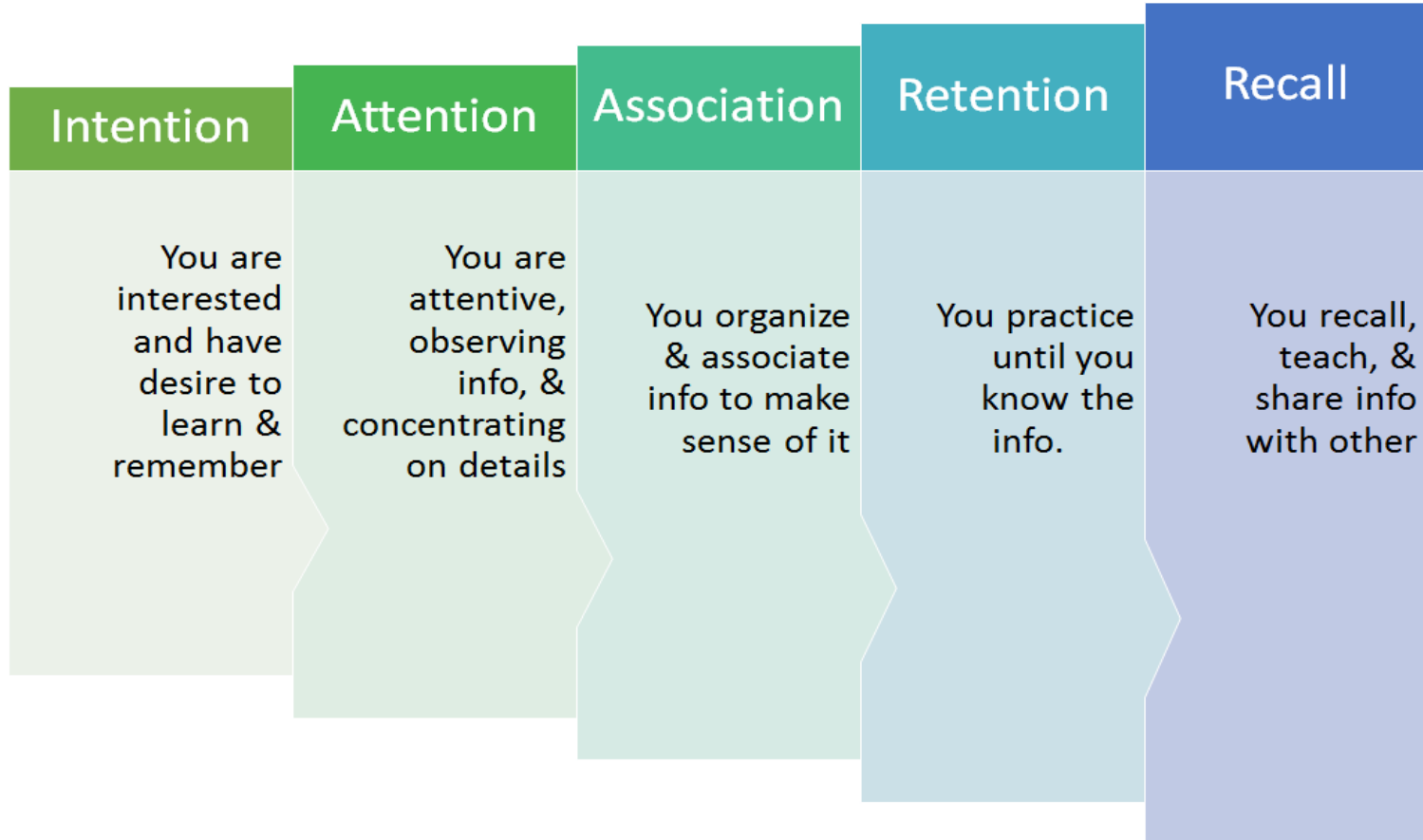
20mns



Activity 3

30mns

2. Memory Process



5 Memory Strategies

1. **Intend to remember and prepare yourself mentally**
 - For example, write phone number give you mental image



5 Memory Strategies

2. STUDY IN SHORT SESSIONS

- Your brain retains and process info. better with break



break 10min with water + some snacks

5 Memory Strategies

3. LOOK FOR ASSOCIATIONS & CONNECTION

- Connect new info to info that you know already
- Put them in group that is easy to remember



5 MEMORY STRATEGIES



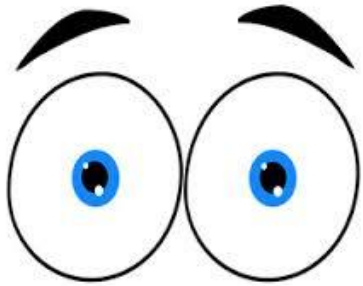
4. Use mnemonic devices

- Use Acronyms: RCAF stand for Royal Cambodia Arm Force
- Use Acrostic: are made up sentence in which the letter stands for sth such as Every Good Boy Deserve Fun for remembering the sequences of musical notes E, G, B, D, F.
- Use Association: supposed you're learning about new three names in the story. Think of your three friends that have the same names in the story you are studying

5 Memory Strategies

5. Use all your senses

Memory is sensory, you memorize what you see, hear, touch, smell, & taste)





Activity 4

20mns



Activity 5

10mns



Activity 6

25mns



Activity 7

25mns



Activity 8

30mns

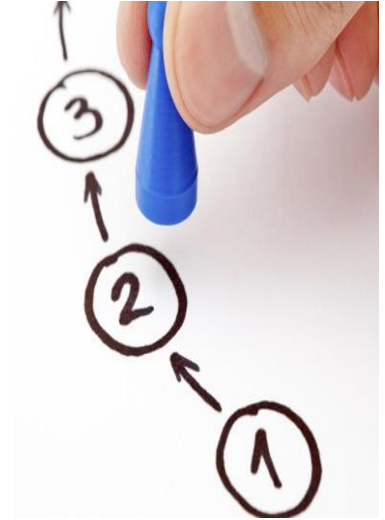
3. Before, during & after test taking strategies



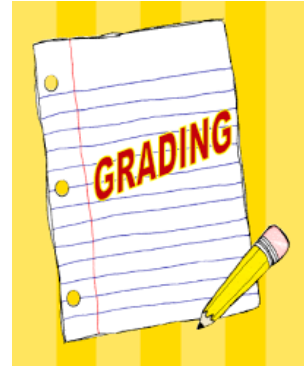
BEFORE TEST STRATEGIES

❖ START ON DAY ONE

- Prepare from first day of class
- Attend all classes
- Set review schedule



Before test strategies



❖ KNOW TEST GUIDELINE

- ❑ know grading, test dates, types of tests
- ❑ Ask instructor for the test format, study guide or additional material



During test strategies

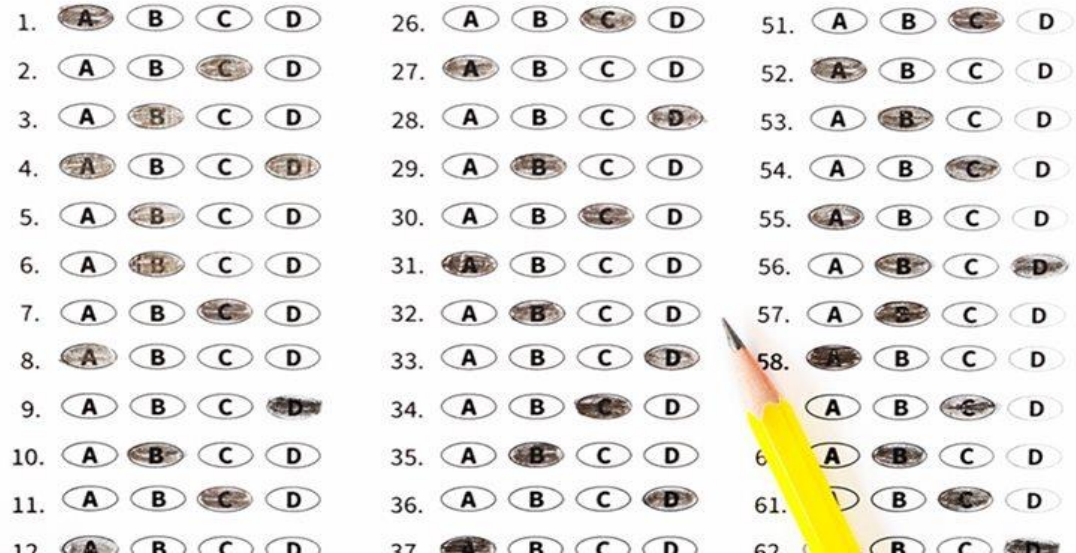
- Read and list all instructions
- Write down Key Information
- Scan the entire TEST



During test strategies

- Answer all the QUESTIONS

- Review



After the Test

- Reward



After the Test

- Review with your instructor
- Review the TEST with your study team





Activity 9

20mns

4. Overcome test Anxiety Tips

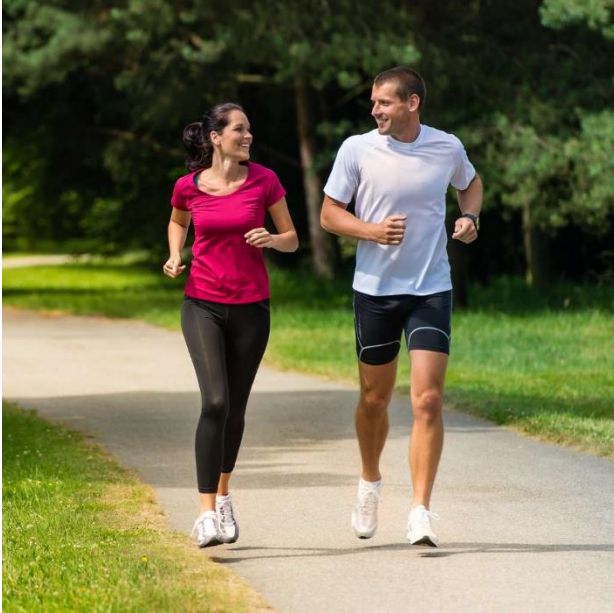


- Dispute Negative Thoughts and conversation



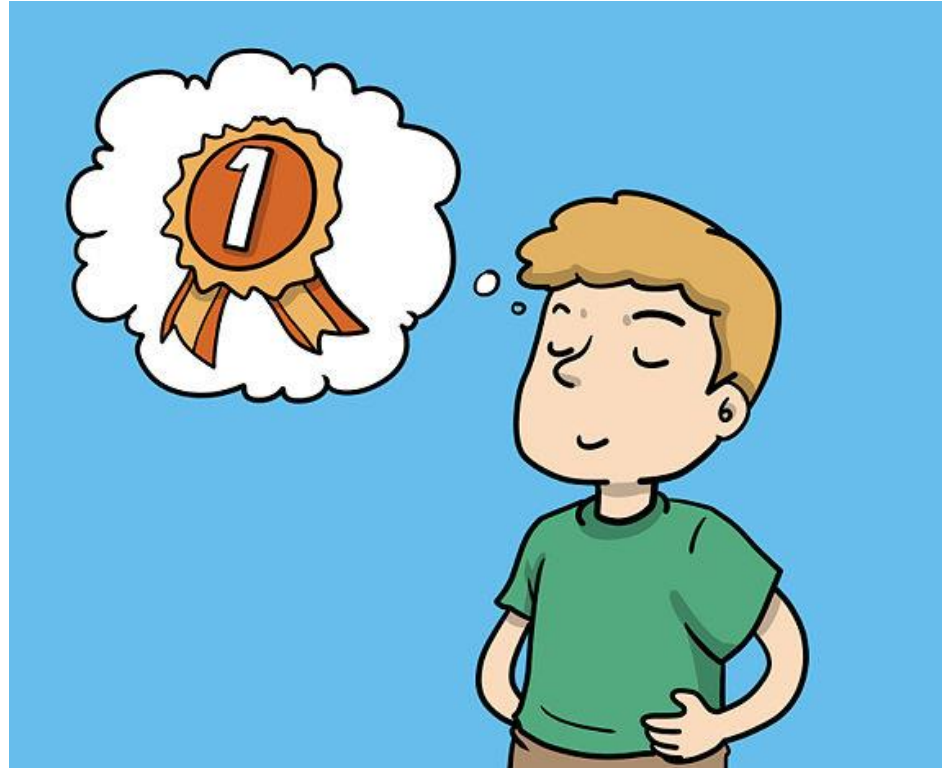
Overcome Anxiety Tips

- Get regular exercise & eat breakfast



Overcome Anxiety Tips

- Visualize Success



Overcome Anxiety Tips

- FOCUS: Attention at tasks in Present



Overcome Anxiety Tips



- Get Help: from Professional, Teacher & Friends





Activity 10

30mns



Thank you !



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