



4D Group

Study and Examination Techniques

Who Would Benefit?

All those undertaking professional studies.

Objective

Despite their best efforts and hard work, people often underachieve in the examination. This highly practical programme helps delegates develop effective examination techniques by reviewing their existing approach and focussing on how to get the best results from their exam

Content

Planning and organisation

Urgent important

Self preparation

Lifestyle

Developing a positive attitude

Learning Styles – What is yours?

Honey and Mumford learning styles

Factors that help the learning process

Maintaining motivation

Planning effective revision sessions

How to produce effective notes in order to assist assimilation and recall

Develop your skills

Memory techniques

Remembering and forgetting

Mind-mapping techniques

Examination technique - what to do on the day

Duration

Half-day

Prerequisites

None