

# Lesson Plan

**NEUROHEADWAY**

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Neuroscience Into Education

# Important study skills

Teacher to explain and discuss with class the meaning of each point;

## Time Management

- Make a weekly or daily to-do list
- Use a calendar or planner
- Get up early to get stuff done
- Reward yourself when tasks are complete
- Schedule your “me” time (so it doesn’t eat up study time)
- Read the syllabus and make plans from it
- Prioritise and schedule what you need to do – be realistic!
- Set aside study/class work hours each day
- Have a spot where all studying takes place

## Note-Taking

- Copy teachers board notes
- Take up as much space as needed
- Review your notes every night
- Create your own abbreviations
- Jot down any ideas that the teacher repeats
- Notice verbal cues – “Now this is important”
- Highlight your book/class materials
- Write down all examples
- Rewrite your notes after class (to help memorise)

## Reading

- Read more than once
- Highlight and take notes
- Make margin notes
- Don't put off reading assignments until the last minute!
- Review after reading
- Keep from dozing off: don't read right before going to bed, and don't read in bed
- Read and understand captions and figures
- Make a glossary of terms
- Pace yourself
- Pay attention to key concepts and end of chapter reviews

## Test Preparation

- Make flashcards
- Rewrite/re-read your notes, organise into categories
- Ask for help if you need it
- Don't cram!
- Know the test format
- Get all of your questions answered
- Verbalise what you know – tell/ teach the material to someone else
- Identify your problem areas

Teacher to explain to those who need help  
understanding various points