



# Great Learning Habits

## 1. Get an overview



New learning happens when it links to what you already know. How does your learning link to the subject as a whole, what you learned last time, or what's coming next?

## 2. Learn a bit at a time



Your working memory needs to process information properly for it to be stored long-term. Most humans can only hold 7 chunks of information in their working memory at a time. Don't overload!

## 3. Use meta-cognition

'with' or  
'alongside'



'thinking'

Metacognition is the process of understanding and monitoring how you think and learn. Plan your learning, think about it as you go, and review when you've finished!

## 4. Space out your practice



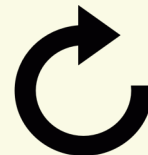
You need to revisit learning and practise it to stop it fading away. People remember more when they repeatedly practise the same thing with a few days or weeks in between.

## 5. Respond to feedback



When you get feedback on your learning, you should think about it and then act on it! If you know your next steps, you are more likely to learn better.

## 6. Rehearse and repeat



Learning rarely sticks first time. You should repeat and rehearse the things you need to learn to make them stick. Then test yourself!

