

IT'S NOT WHAT YOU READ, IT'S WHAT YOU DO WITH IT.

Studies have shown, that **ONLY** reading from a jotter or a text book when your studying doesn't work, you need to do something with the information.

Learning in this way loses 80% of the information you've taken in.



Using the information you've read to make it stick in your brain is called

ACTIVE LEARNING

This involves taking the information you've read and using it in different ways to help your memory hold onto a much bigger slice.

As everyone is different, some Active Learning techniques will work better for you than others. It's up to you to experiment.