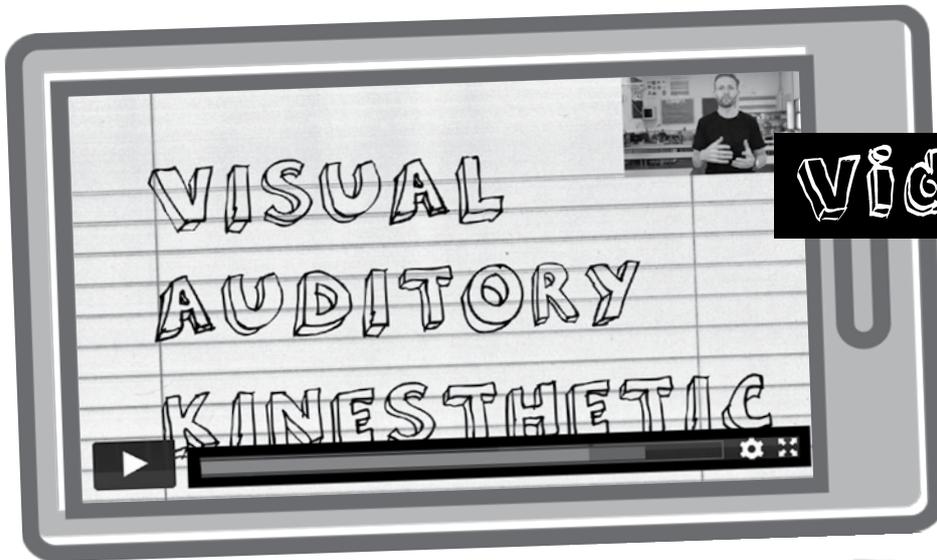




# How to learn fast

PROFILE



video

List 3 key takeaways from this video



STORY



When Daragh came to me for help, he was in a dark place. He had just got his worst results ever. He said he had "nothing going for him." He was studying really hard but not getting the results he was hoping to achieve.

When we sat down, I asked to see his notes. For Agricultural Science he had two and a half notebooks, crammed full of notes. There were 52 experiments. His go-to method of study was writing notes. His head was literally "melted". He said "there has to be an easier way."

When I tested Daragh's learning style, he scored highest for Kinesthetic. This means his dominant way of learning was through movement. I asked him if he played sports. He started smiling. It turns out Daragh was quite handy at hurling.

"On a scale of 1 to 10, how good do you feel when you are playing hurling?" I asked.

"Between 8 and 10 depending," he said.

"How good do you feel when you are studying?"

"About 1 or 2," he replied.

# Story

I asked him where he studied. He told me he sat at his desk and spent hours writing out notes. "That's your mistake!" I said. I then went onto explain to him that he needed to move when he learned. In fact, I encouraged him to pick up his hurley stick, walk around his room and I showed him how to use pictures and images and say the keywords out loud as he learned off his notes.

And guess what happened? 6 months later his Mom called to say he smashed it in his exams and he got the points for his dream course. How did this happen? In a nutshell Daragh started to enjoy learning. He started focusing on his strengths. He also started active learning. Active learning helps you learn faster. And the faster you can learn, the faster you can earn.

“ The Faster You Can Learn; The Faster You Can Earn. ”

# Game 1

## PICTURE THIS

Our brain remembers pictures easier than it remembers words and letters. Can you draw an image for the following words:

1. Candle

2. Swan

3. Handcuffs

4. Sailboat



## PROFILE

**Game 2****WORD PLAY**

Word association is a great way of anchoring and remembering information. It also can be a lot of fun. For example, if I was trying to remember that the Middle Stone Age is the Mesolithic Period, I might picture the footballer Lionel Messi for Mesolithic period playing football with a stone. Can you come up with some pictures, images and fun ways of remembering the following:

1. The Bronze Age
2. The Celts
3. The Iron Age
4. William the Conqueror
5. Medieval Castle
6. Leonardo da Vinci
7. Christopher Columbus
8. The Council of Trent
9. George Washington
10. Éamon de Valera

**Game 3****REVOLTING RHYMES**

A great way to memorise is to come up with images that rhyme with numbers and then linking them with the items you are trying to memorise. So number one is the sun, two is a shoe, three is a tree, four is a door, five is a hive, six is some sticks, seven is heaven, eight is a gate, nine is a mine and ten is a hen.

With your partner come up with some revolting rhymes and images to remember the following shopping list: cheese, sugar, milk, butter, jam, soup, pasta, cabbage, vegan sausages, ice cream.

For example to remember cheese you might picture some cheese melting in the sun or someone sneezing.

# Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

1. I enjoyed today's story

5. I worked well with others

4. I got involved in the class and the games

3. I asked questions when I didn't understand

2. I understood the goal of today's lesson