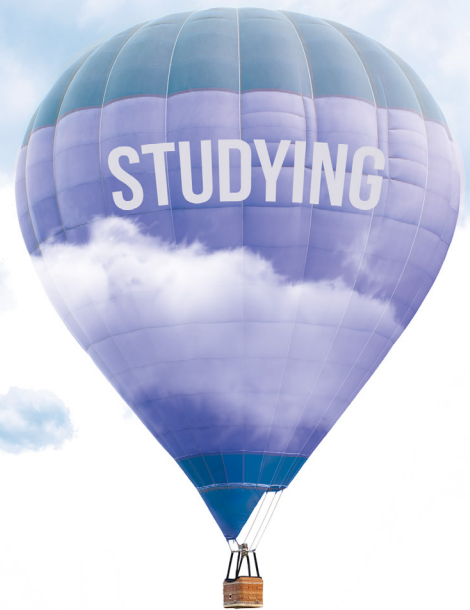


OVERVIEW

In this workshop, your students will gain an understanding of how their memory works so they can use it better. Through group discussions, interactive experiments and expert guidance, they'll learn more effective study skills and discover the importance of using metacognitive strategies, questions and feedback.

As a result, your students will feel empowered to monitor and purposely direct their learning, setting them on the path to become more engaged, self-aware, independent learners.



KEY MESSAGES

Understanding your memory

- The limitations of working memory
- What does and doesn't work for memory
- Methods to help you use Retrieval Practice and Spacing

Switching and Multi-tasking

- The importance of managing electronics when studying
- Effective note-taking methods

Metacognitive questions

- How to think effectively
- Self-regulation and asking yourself better questions
- How to monitor your own learning

The power of feedback

- How to improve your self-reflection
- Why feedback is important
- Good feedback questions to ask



BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**