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**ACHIEVE EXCELLENCE PROGRAMME**

# How Do You Learn?

*Eight principles for learning and memorising better*

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## 1. Active learning beats passive learning

You remember more when you do something with the information:

- Answer questions
- Explain ideas to someone else
- Create mind maps or summaries

Simply rereading notes is much less effective than actively using the knowledge.

## 2. Spaced practice improves long-term memory

Learning works best when practice is spread out over time rather than crammed in one session.

- Short, regular revision sessions
- Revisiting topics after days or weeks

This strengthens memory and reduces forgetting.

## 3. Retrieval practice strengthens memory

Trying to *recall* information (without notes) helps fix it in the brain.

- Quizzes
- Flashcards
- Practice questions — struggling a little to remember actually improves learning

## 4. Making connections helps understanding

New information sticks better when linked to:

- Prior knowledge
- Real-life examples
- Personal experiences

The more connections you make, the easier it is to remember.

## 5. Dual coding boosts recall

Combining words with visuals improves memory.

- Diagrams + explanations
- Images + key words
- Charts, timelines, and symbols

This gives the brain two ways to remember the same idea.

## 6. Chunking reduces cognitive load

Breaking information into smaller, meaningful chunks helps you process it.

- Steps instead of long instructions
- Grouping related ideas together

This prevents overload and improves recall.

## 7. Emotion, motivation and attention matter

You learn better when you are:

- Interested and motivated
- Emotionally safe
- Focused and not overloaded

Positive emotions and clear goals improve attention and memory.

## 8. Sleep and practice consolidate learning

Memory strengthens after learning when you:

- Get enough sleep
- Revisit material regularly

The brain continues organising information even after lessons end.

***You learn best when learning is active, spaced, meaningful, visual, and regularly retrieved — supported by motivation, attention and rest.***