

The Rose & Nicholl 6-step Plan:

(4) Triggering Your Memory

This has to do with How you put Your memory & Learning to Work in the way You Read/Study & Take Notes in Class

Reading

Do not jump in – scan Chapter for overall structure & key concepts

Look at the Introduction, summary, diagrams, tables, figures before reading the chapter ...



Progress is not amount of pages read – it's number of concepts You Learn

Note-Taking

Read Ahead on the topic before Class – this will in taking better notes in Class

Listen (to understand) and take Notes – pay attention to Key concepts & possible exam questions ...



Progress is not amount of pages you take Notes– it's the number of key concepts (which can be Exam Questions) that you record