COMMUNICATION SKILLS

REVIEWING NOTES

Your brain relies on seeing **regular** patterns if it is to remember and make sense of what you are trying to learn.

It is important to make effective **summary notes** for studying and to develop an **organized** and **logical** system for filing your notes. Remember to review your notes regularly.

You remember:

- **90%** of them if you revisit them within 24 hours
- but only **30%** if you wait 3 days
- after a month only **3%** to **4%**.

When you review your class notes at home use your learning preference:

- brainstorm and draw colourful idea maps
- practice making connections between your learning by drawing flow charts and diagrams. This will also help you **transfer** your learning across other subject areas
- write lists to summarize the main points
- identify the challenges and obstacles you face when solving Math/Science problems and develop **strategies** to overcome them.

The important thing is to actually **commit** and review your notes.

ACTIONS

What are two things that I will start doing to improve reviewing notes?

1.

2.

NOTES / PRIORITIES / DUE DATES

SIGNATURES: PARENT/GUARDIAN

TEACHER

MINDFULNESS ACTIVITY

Gratitude Check. It doesn't matter what time of day it is. Think of and write down as many things that have happened today that you are thankful for and why you are.

WELLBEING TIP

Every day use the 5 to 1 ratio; look for 5 positives for every negative.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.

THINGS TO DO - WEEK:

AUGUST/SEPTEMBER 2020

31 MONDAY

1 TUESDAY

2 WEDNESDAY

3 THURSDAY

4 FRIDAY

5 SATURDAY

6 SUNDAY

VALUE FOR LIFE

INITIATIVE