

LEARNING TECHNIQUE & WHY WE STILL SEND OUT PRINTED NOTES

Many people find that they retain information more effectively when reading from paper rather than a screen. The tactile experience of holding a physical book or document, along with the sensory feedback of turning pages, creates a unique connection between the reader and the material. The lack of distractions inherent in a paper format also contributes to improved focus and concentration. Unlike digital screens, which emit potentially disruptive light and notifications, paper provides a visually stable environment conducive to **deep reading**.

Additionally, the absence of electronic glare and the ability to annotate and underline directly on the page allow for a more personalized and interactive engagement with the content. While digital platforms offer convenience and accessibility, **the tangible nature of paper seems to enhance cognitive processes**, making information absorption and retention a more memorable and enriching experience for many individuals.

The most effective way to study varies from person to person, as different individuals have unique learning styles and preferences. However, there are some general strategies that can enhance the efficiency of studying for most people:

1. **Create a Schedule:**
 - Establish a study routine by setting a consistent schedule. This helps in creating a habit and allows for better time management.
2. **Set Clear Goals:**
 - Define specific, achievable goals for each study session. Break down larger tasks into smaller, more manageable components to stay focused.
3. **Active Engagement:**
 - Instead of passive reading or highlighting, actively engage with the material. Take notes, ask questions, and try to explain concepts in your own words. Teaching or discussing the information with someone else can reinforce understanding.
4. **Variety of Resources:**
 - Use a variety of resources such as textbooks, online materials, videos, and lectures. Different formats can provide diverse perspectives and reinforce understanding.
5. **Effective Note-Taking:**
 - Develop a note-taking system that works for you. This could include summarizing key points, creating mind maps, or using flashcards. Organize and review your notes regularly.
6. **Practice with Retrieval:**
 - Test yourself on the material to strengthen memory and recall. This can involve creating flashcards, taking practice quizzes, or teaching the content to someone else.
7. **Breaks and Rewards:**
 - Take regular breaks during study sessions to avoid burnout. Reward yourself after achieving specific goals to stay motivated.
8. **Healthy Lifestyle:**
 - Maintain a balanced lifestyle with proper sleep, regular exercise, and a nutritious diet. Physical well-being contributes significantly to cognitive function and concentration.
9. **Use Technology Wisely:**
 - Leverage technology for research and learning, but be mindful of potential distractions. Consider using apps or tools that promote focus and productivity.
10. **Review and Reflect:**
 - Regularly review previously studied material and reflect on your understanding. This helps reinforce learning and identify areas that may need further attention.

Remember that it's important to adapt these strategies to your individual learning style and the specific demands of the material you are studying. Experiment with different methods to find what works best for you, and be open to adjusting your approach as needed.

There is more information on learning styles and techniques on the Moodle.