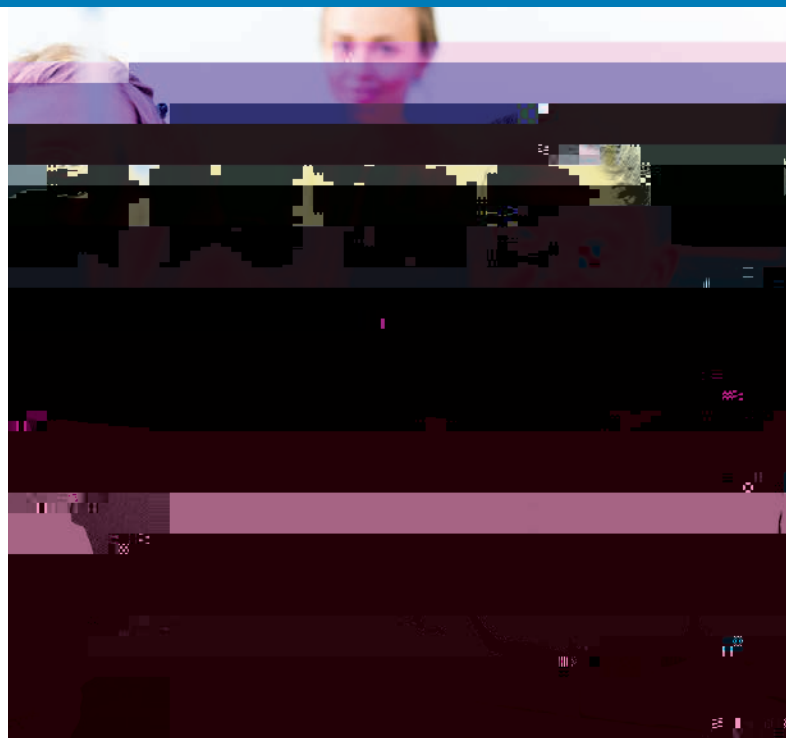
Interactive
Stimulating
Effective
Engaging
Relevant
Practical
Memorable
Challenging
Interesting
Transferable
Motivational
Meaningful
Personalised



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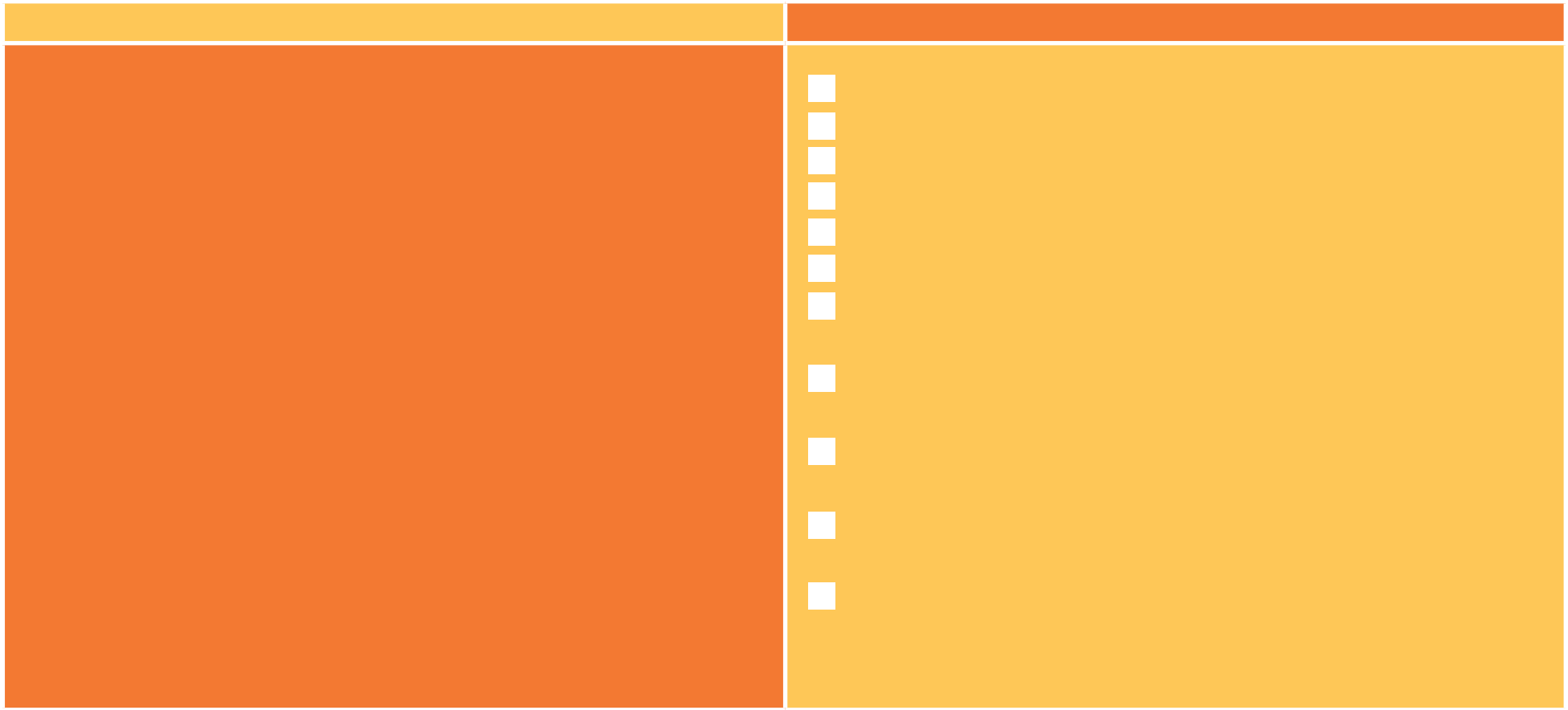
Firstly, PLAN. Get used to doing SWOT analyses. These focus your mind into action planning for lectures, seminars, placements or any other aspect of your life where you need to feel in control of what you're doing. (Strengths, Weaknesses, Opportunities and Threats)



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How are you going to DO things? You’ll need to understand your learning style and make sure that anything you do takes account of what you’re good at. Learning styles will intermingle but there will be one (or maybe two) styles that will be really dominant.

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V}šE Ð 3

How are you going to MEASURE your work? This means how are you going to evaluate what you have done? Here are

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What went well today?	What didn't go well today?
Why did it go well?	Why did it not go well?

2 E M E M B E R PLAN DO MEASURE REVIEW. It's a good habit to get into and will help you to develop CONSCIOUS COMPETENCE which helps you to

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AIDES MEMOIRE for READING

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