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## Student Success \ Superlearning

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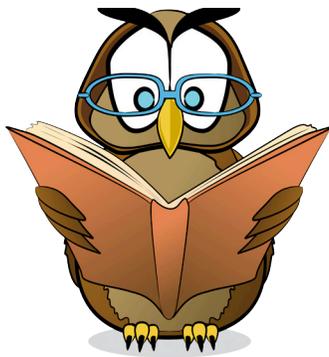
# The Rose & Nicholl 6-step Plan: (4) Triggering Your Memory

This has to do with how you put your memory and learning to work in the way you read/study and take notes in class.

### READING

Do not jump in – scan chapter for overall structure and key concepts.

Look at the introduction, summary, diagrams, tables, and 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 and 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.

**Langara.**

THE COLLEGE OF HIGHER LEARNING.