

SELF

- realistic goals – make short & long term goals
- positive rewards for achievements
- establish reflection time for your schoolwork
- keep a journal that records your thoughts, feelings goals & memories

NUMERICAL

- identify numerical patterns
- develop reasons for tasks
- brainstorm and use a process to solve problems
- separate various problems to the task
- look for the characteristics that a solution should have
- play logic maths problems
- practise calculating maths problems in your head
- record yourself solving a maths problem
- use objects to assist learning a new maths concept

BODY

- work with your “gut” reactions
- be aware of your physical responses
- develop good posture/breathing
- movement while studying
- make models – use your sense of touch

LANGUAGE

- Expand vocabulary – use crosswords/puzzles
- External learning
- Mnemonics
- Brainstorming – collecting words
- Record yourself on tape – listen
- Keep a journal – note language; expressions of the day
- Memorise favourite poems/stories/tunes
- Use one new word a day

VISUAL

- 3 minute drawing exercise before classwork
- notes assisted with diagrams
- sketch journal – explore ideas/diagrams
- record notes visually – photographs
- watch films/plays to novels
- create a picture diary/journal
- study geometry
- make models
- create symbols – shorthand and use colour

PEOPLE

- work in groups – brainstorm ideas
- discuss ideas
- teach someone theory
- keep a journal of ideas to discuss
- set a goal and discuss how to achieve it
- actively listen

AUDITORY

- background music – activate the subconscious with Baroque/Vivaldi
- discussion groups – external learning
- develop melodies – mnemonics
- make up tunes
- tape your notes