



**Study skill course**

# Introduction



The South African Memory Institute (SAMI) provides a skills development course for all learners to improve their confidence and receive greater results by teaching them to use the most effective study methods.

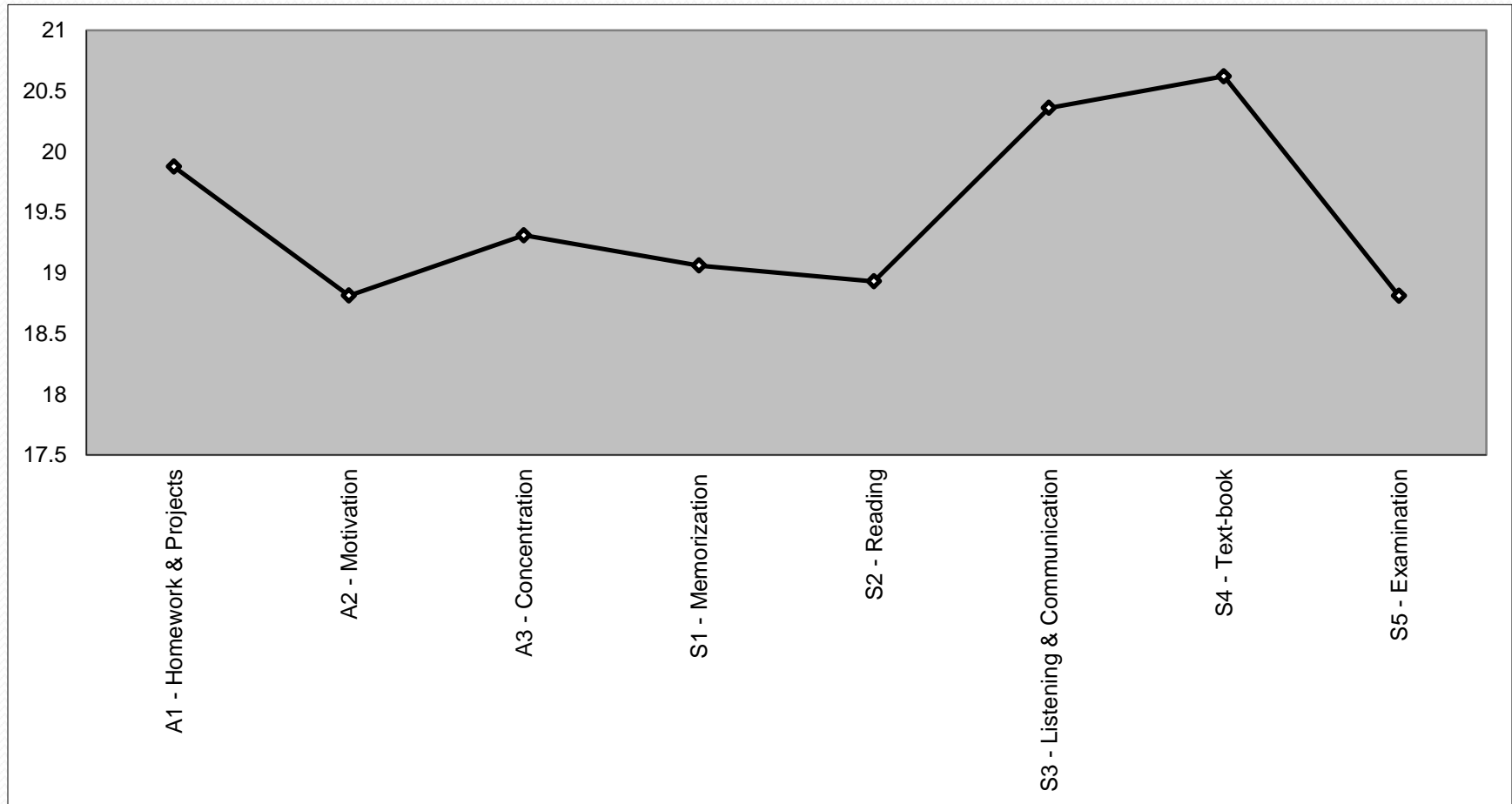
With more than 20 years of experience working with hundreds of schools in every socio economic sphere of Southern Africa, we have realised the need for those learners who prefer online content rather than our live course.

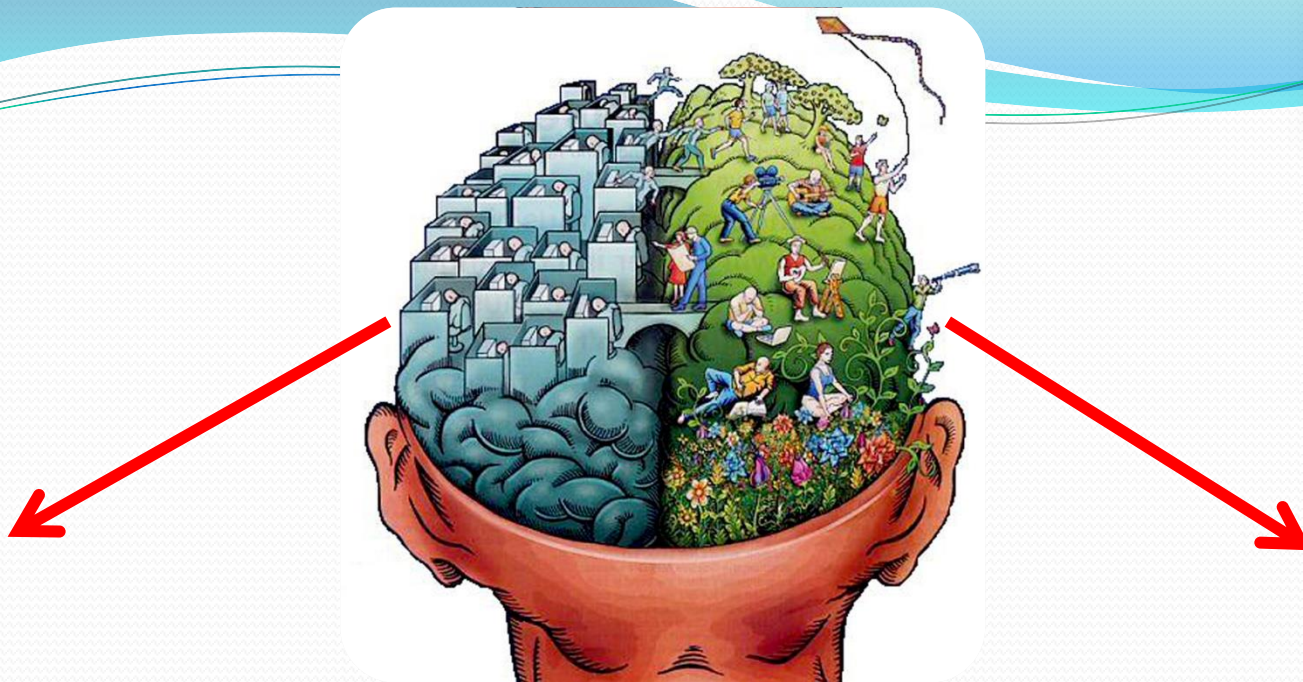
The online course is developed in such a way that students can watch short interactive videos where after they are required to complete an assessment. These assessments will determine the knowledge and comprehension of that specific module. Our qualified teachers will mark and provide feedback within 5 working days before the learner can proceed to the next module. It is crucial that every part of the course is understood and can be implemented.

Our main objective is to develop your child's total character, improve their study techniques and reduce study time.

Video link: [https://youtu.be/JRfw7\\_ajdhY](https://youtu.be/JRfw7_ajdhY)

# Learner assessment





## Left brain

- Controls the muscles on the the right hand side of the body
- Verbal and non-verbal
- Numerical- and scientific skills
- Reasoning

## Right brain

- Controls the muscles on the left hand side of the body
- Insight
- Musical- and artistic communication awareness
- Imagination and creativity
- Sports and games

# LEARNING SKILLS

- Left and right brain development
- Effective listening, writing and reading
- Memorising and recalling
- Summaries and identifying of key words
- Exam techniques and exam stress
- Problem solving
- Develop your full potential
- Reduce study time, while you are having fun
- Finding information for projects

# Module 1: In the beginning...

## The Brain

- You possess a wonderful machine that consists of billions of working parts. It is time to plug it in!
- In this module you will learn if you are a “left brainer” or a “right brainer”. By knowing this you can learn which study methods works the best for you!

## Keywords

- Keywords are very important as they function as a key to the lock of your memory.
- By knowing how to identify keywords, you will be able to remember and recall your work much faster.

## Memorising Techniques: Rhymes and Stories

- Rhymes and stories are a fun way to memorise stories and facts.
- You will open up a new way to recall the needed information you have stored away in your memory.

## Memorising Techniques: Associations

- One makes associations if you associate or link a keyword with something else.
- This can be a very fun and easy way of memorising your work.

# Module 2: “Hang” in there!

## Memorising Techniques: Visualisation

- The human brain works just like a video camera. This is why one can remember films so well and why one reads a book as if it is a film playing out in your brain.
- Therefore, visualisation is when you see a picture in your mind, instead of words.
- This can open up a brand-new world for you in your studies and you don't need to be an artist to do it!

## Memorising Techniques: Acronyms

- You can memorise keywords by making acronyms.
- This helps you to memorise the sequence of the keywords that you want to remember.

## Hanger Method

- The Hanger method helps you to enhance the memory by using places or objects around you. These tangible items is most often items that is in every room around you, therefore it will be most likely be in the exam room too...

## Choices

- Every choice you make has consequences – to you AND those around you!
- Each choice has to be considered with great care and responsibility.
- This module will give the learner guidelines in how to assess and make the best choices for them.

# Module 3: See the bigger picture...

## SQR3

- Repetition is important and can be boring if you let it become so.
- Let us teach you how to repeat without feeling it will never end, and also be able to store and recall all that you have studied.

## Mind map

- You may already know about mind maps but do you know how to use it affectively?
- A mind map will help you to get all the main points onto one paper. This will be able to help you see the bigger picture. Be creative and make it fun!

## Reading Techniques

- Why is reading important?
- It is one of the most practical, affordable and quickest way to gain knowledge.
- It develops the brain by improving creativity and imagination.
- There are different ways of reading, which are used for different reasons or different objectives.
- Let us teach you how to use these techniques effectively.

## Writing Techniques

- In this case, we talk about essays, oral and other forms of creative writing.
- Writing techniques are the way in which you put your thoughts on paper.
- In this module you will be taught the finer detail to plan and successfully write an impressive piece of writing.



# Module 4: You are the “manager”



## Column Summarising Technique

- The column method will help you to apply the SQR3 to the best of your ability.
- It helps you to study and recall the work as well as check that you know the work or not before the test.
- By using this method, you will know that you are well prepared.

## Mathematics

- Can you summarise mathematics?
- The answer is YES! Once you can remember the rules, you will find maths so much easier.
- Let us guide you in how to approach mathematics in a way never experienced before.

## Stress Management

- Stress is the pressure or tension you experience daily, as a result of all the activities you have to do.
- It is important that you should learn to handle stress effectively, otherwise it can have a negative effect on your learning – and life skills as well as the quality of your whole being.
- In this module we will give you tips on how to curve the feelings of stress, so that you can manage it better!

## Preparing for exam and exam techniques

- The planning and preparing for exams have become a problem for most learners.
- Let us guide you in how to improve your planning and preparation for the exams, so that you can be successful in all your endeavours.

# Course outline:

- Each module consists of 4 videos and one assessment.
- The assessments will be marked and replied with feedback to determine the knowledge and comprehension of the completed module. The learner will have to successfully complete each module before proceeding to the next.
- Live streaming sessions will be provided on a quarterly basis to ensure the implementation and understanding.
- The suggested duration of the course is over a one month period.

## Cost:

- R2995 (once off payment)
- R1500 (paid over two months)
- R1000 (paid over three months)

# How to enrol:

- Step 1: Complete application form
- Step 2: Send completed application form to: [admin@memoryinstitute.co.za](mailto:admin@memoryinstitute.co.za) and wait for a reply with reference.
- Step 3: Visit [www.memoryinstitute.co.za](http://www.memoryinstitute.co.za) and click on “Online course” to complete enrolment.
- Step 4: Make payment and remember to use your allocated reference
- Step 5: Start your journey...