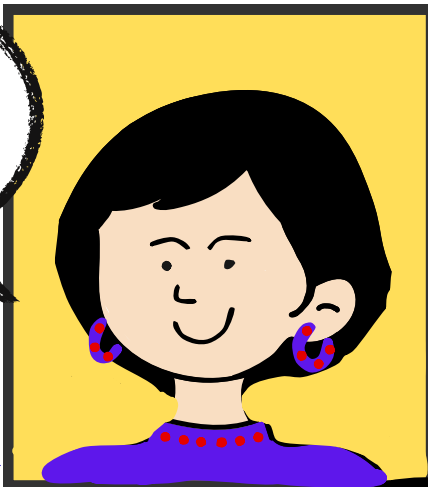


IDEAS TO REMEMBER
FACTS FOR YOUR
EXAMS USING
MULTI-SENSORY
ACTIVITIES

 **Mind Dorset**
CREATED BY
DR. CAMILA DEVIS-ROZENTAL



VISUALISE AND ASSOCIATE IT

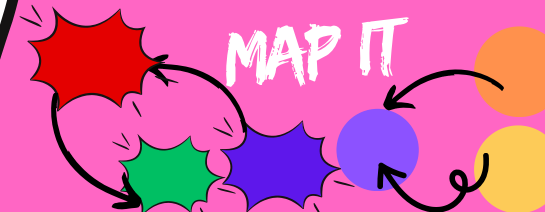
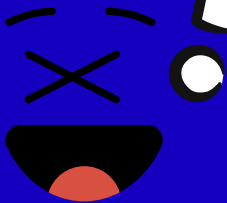
CLOSE YOUR EYES AND ASSOCIATE
SOMETHING YOU NEED TO
MEMORIZE WITH SOMETHING YOU
ALREADY KNOW. FOR EXAMPLE,
IMAGINE PUTTING QUOTES IN
DIFFERENT PLACES AROUND YOUR
HOUSE.



LINK THINGS YOU FIND
FUNNY TO SOMETHING
YOU HAVE TO LEARN.

ENJOY IT

RECALL IS ENHANCED
AFTER YOU LAUGH, SO
WATCH SOMETHING FUNNY
BEFORE AN EXAM!



MAP IT

GROUP CONCEPTS, FIND RELATIONSHIPS AND
MAKE THESE INTO VISUAL REPRESENTATION
USING COLOURS AND SHAPES.

RHyme IT

BED

SHED

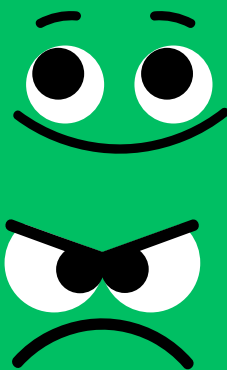
RED

FRED



ACT IT

REPRESENT THROUGH
GESTURES, MOVEMENTS
OR PROPS, HOW TO
SOLVE A PROBLEM OR
RECALL INFORMATION.

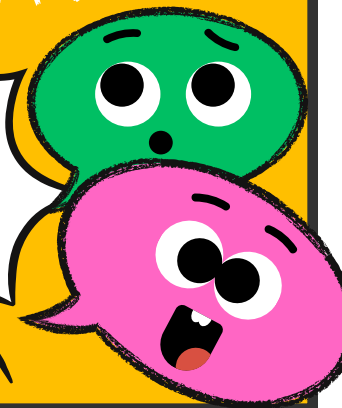


COLOUR IT

HIGHLIGHT, CONTRAST,
CONNECT.
USING VERY CONTRASTING
COLOURS INCREASE IMPACT
ON MEMORY RETENTION

SHARE IT

EXPLAINING
INFORMATION AND
TALKING TO OTHERS
HELPS YOU LEARN
THINGS BETTER.



WANT TO LEARN MORE? CHECK OUT MY BOOK: THE STUDENT WELLBEING TOOLKIT: PREPARING FOR LIFE AT COLLEGE, UNIVERSITY AND BEYOND.