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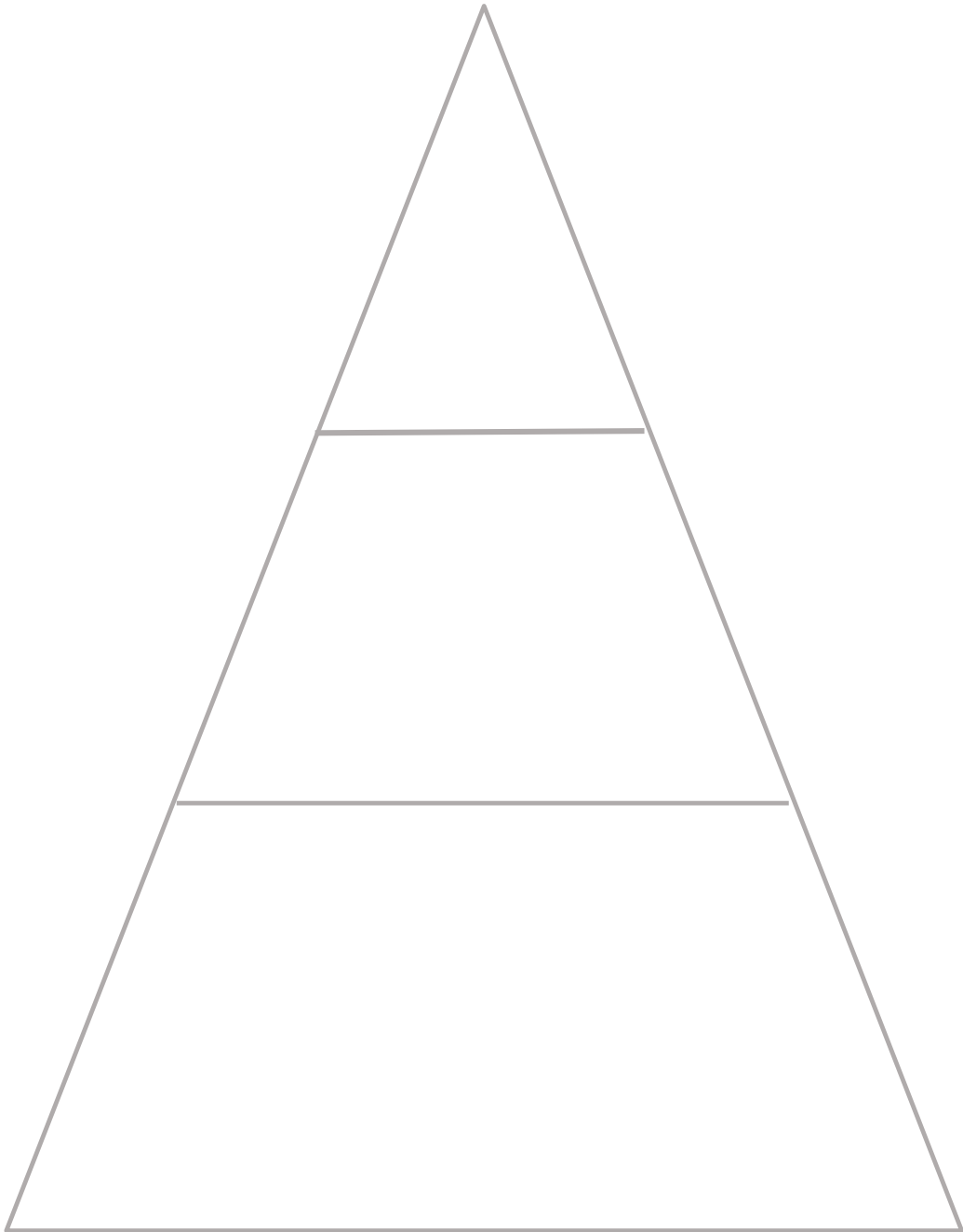
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STUDY SENSEI

GUIDE TO SUCCESS WORKBOOK



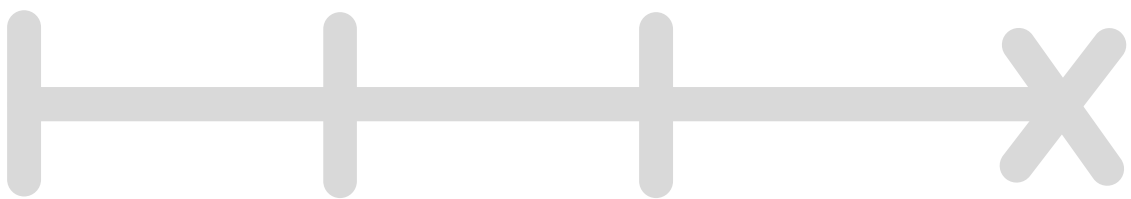
To achieve your personal best you need to
be doing all 3 steps.



Rule 1



Rule 2





Rule 3



Rule 4

1.

Most people need to reduce the number of words they use in their notes by %

2.



Trigger words

Trigger word notes allow us to condense a large body of information into a few key phrases or words. In doing so, we reduce how much we write down and increase how much we can remember. See an example below comparing 2 sets of notes:

Which notes are easier to memorise?

Stalin & Families

Joseph Stalin, when he was the leader of Soviet Russia, encouraged families to be very close and loyal to each other. He encouraged children to be loyal and obedient to their parents, and parents would then be loyal and obedient to their parents. What this meant was that communities were quite harmonious and peaceful which meant there would be less of a chance of any uprising, rebellion or revolution. This is exactly what Stalin wanted as this allowed him to stay in power for longer.

Regular notes: 88 words

STALIN

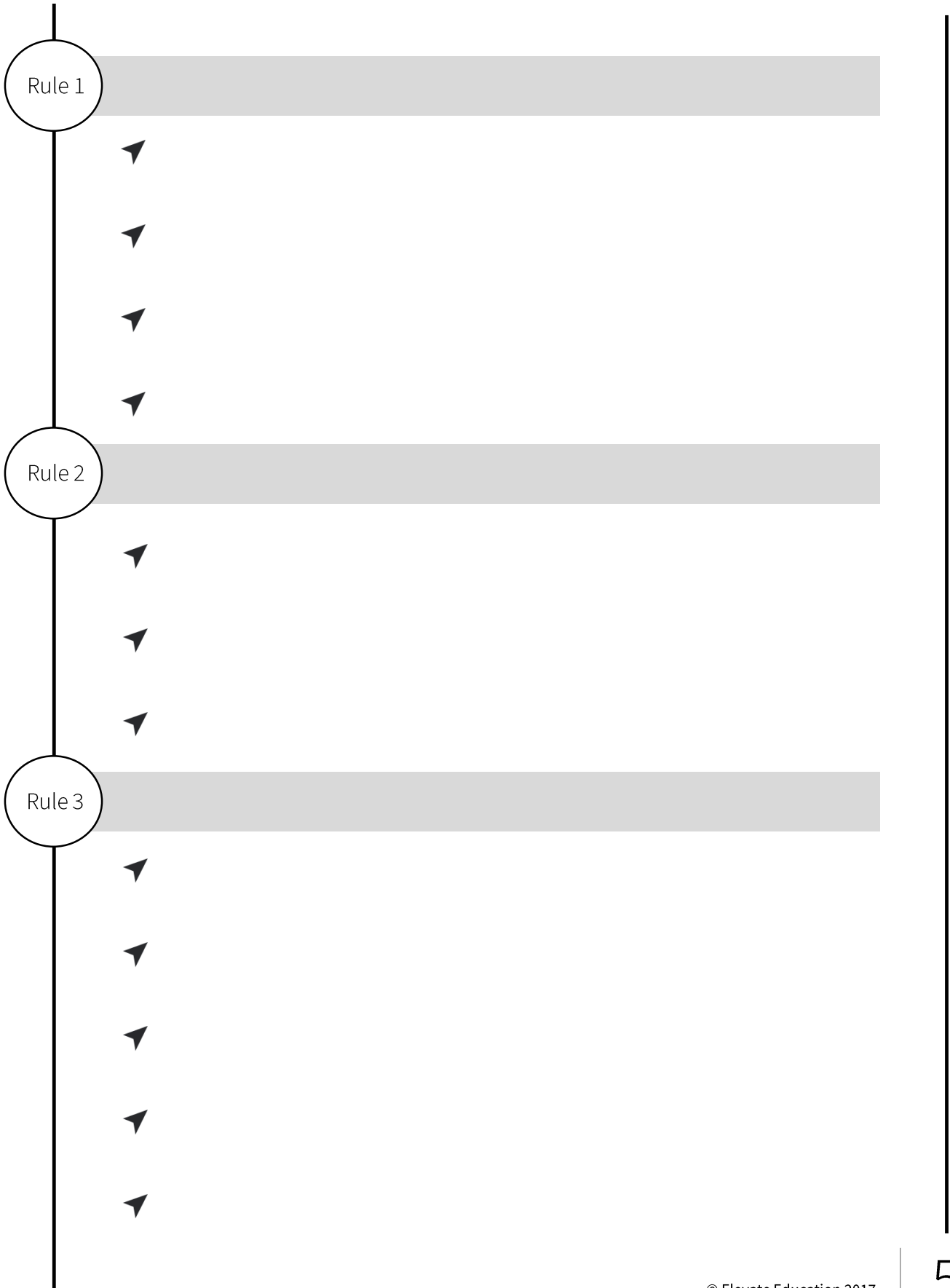
Family – Soviet Russia

- Obedient children
- Community peace
- ↓ rebellion
- Stalin keeps power

Trigger word notes: 12 words



Get more advice on note structure and memory on the Student Portal at www.elevateeducation.com





Creating is crucial in order to

Rule 1

1.

2.

3.

4. Look for:



5.