

Course Overview

Number of Units: 6 Units

Estimated time: 4 - 6 weeks or 12 - 18 hours

OALCF Levels: A1.2-3, A2.2, A3, B3.1b, E.1-2

Suggested Milestones: 3 or 4, 5 or 6 or 7, 14, 28, 57 or 58

Course Description

When you are working or at school, you need to know how to remember information you learn. This course helps students develop the memory and studying skills they need to succeed. You will learn how information is transferred from short term memory to long term memory and then used to recall information.

Summary of activities: Reading, Quizzes, Journals and Online Forums.

Unit 1: Getting Started on Learning and Studying

This unit gives an introduction to memory and studying skills. You will understand what learning is and discover the levels of learning.

Unit 2: Memory

This unit gives an overview of how your memory works. You will learn the difference between long and short term memory, how to use your working memory and techniques like primacy and recency.

Unit 3: Planning to Study

This unit gives an overview of studying with a plan. You will learn how to overcome obstacles and set goals, how to organize material and how to create a study plan.

Unit 4: Study Tools

In this unit, you will learn how to use tools to help you study. Tools will include diagrams, charts, review sheets, exam questions, case studies and vocabulary lists, timelines, acronyms and mnemonics.

Unit 5: Creating Study Material

This unit gives an overview of how to create study material. You will learn how to create materials like flashcards, mind maps and posters.

Unit 6: Examples

This unit gives examples of study material created for textbook chapters, lecture notes, and slides.