Six steps to help you learn and retain what you are taught!

1) **Hear it.** Listen to what the professor is saying! If you do not hear it how can you know what was said or remember it?

2) **See it.** Look at what is being written on the black board or what is on the screen. If you do not see it then you may not recall it?

3) **Say it.** Repeat what was said to either yourself, as you study, or tell someone else about the material. Explaining it to someone else is a very good technique to help learn it.

4) **Write it.** Make sure to write down what you hear and see! By actually hand writing the information down on paper, studies have shown that students will retain and understand more than those who do not.

5) **Use it.** By using the information you are helping your brain to remember what you have just learned. Remember if you do not use it, you may lose it!

6) **Practice it.** Practice makes perfect! This saying is very true. Look at any athlete; they only get better with more practice. This practice works for anything i.e. programming, problem solving, math, spelling, reading, etc.