

Learning and Self-Improvement

M56-I-U4

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Learning methods

- **SQ3R**
- **Cornell Note-Taking**
- **Pomodoro Technique**

This presentation will introduce three different learning method.

Each method focuses on a different aspect of learning and offers practical ways to study more effectively.

Main point 1:SQ3R



What is the SQ3R method ?

- The steps—Survey , Question , Read , Recite and Review—help organize information clearly.
- SQ3R is an effective reading and learning method that helps learners better understand content and retain information longer.

The effectiveness of the SQ3R method

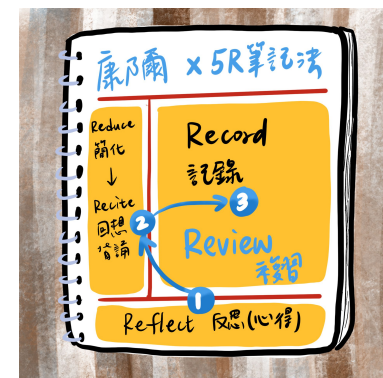
- Active Learning
- Better understanding and retention
- Improves focus
- Suitable for exams or long-term learning

SQ3R Do's and Don'ts

| Do's | Don'ts |
|--|---|
| <ul style="list-style-type: none">● Survey first - understand the main idea● Ask question before reading● Read actively for answers● Recite key points in your own words● Review regularly | <ul style="list-style-type: none">● Don't skip the survey step● Don't read without questions● Don't highlight everything● Don't just reread● Don't forget to review |

What is Cornell Note-Taking Method ?

- The Cornell Note-Taking Method is a way to organize notes using cues, notes, and a summary.
- It helps students understand, review, and remember information more effectively.



The effectiveness of the Cornell Note-Taking Method

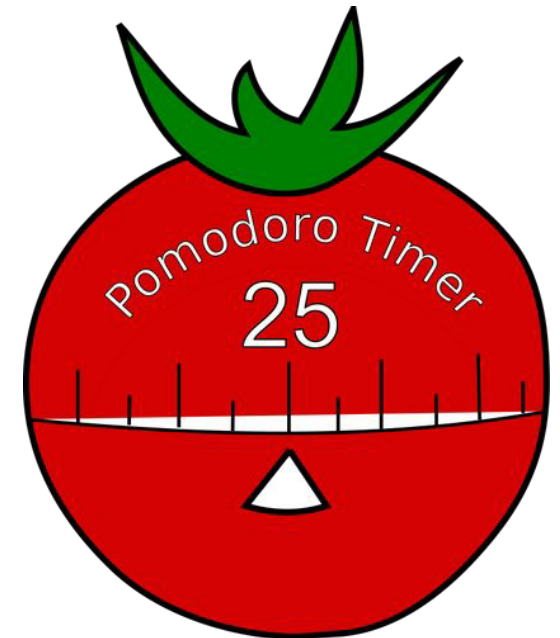
- It helps organize information clearly.
- It improves understanding of key ideas.
- It makes reviewing faster and easier.
- It supports long-term memory.

Cornell Note-Taking Method Do's and Don'ts

| Do's | Don'ts |
|--|---|
| <ul style="list-style-type: none">● Divide the page into sections● Take notes in the main notes area● Write keywords or questions in cues● Summarize at the bottom● Review notes regularly | <ul style="list-style-type: none">● Don't skip the survey step● Don't read without questions● Don't highlight everything● Don't just reread● Don't forget to review |

Pomodoro Technique

- imple study method that helps students manage time better.
- helps improve concentration and reduce procrastination.
- Study for 25 minutes
Take a 5-minute break
After 4 sessions, take a longer break



The effectiveness of the Pomodoro Technique

1. Enhances focus by minimizing distractions.
1. Combats procrastination by breaking tasks into manageable bites.
1. Sustains mental energy through frequent, restorative breaks.
1. Optimizes time management by tracking actual effort.

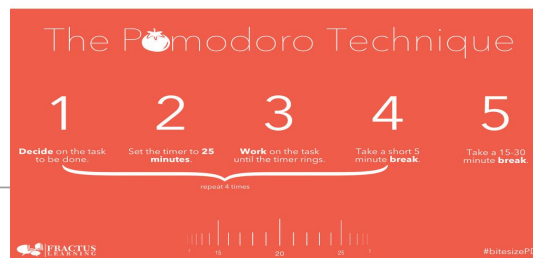
Pomodoro Technique Do's and Don'ts

Do's

- Set one clear study task before starting
- Focus on studying for 25 minutes
- Take a short break after each session
- Use breaks to stretch, relax, or rest your eyes

Don'ts

- Don't study multiple subjects at the same time
- Don't skip breaks
- Don't use your phone during study time
- Don't study for too long without resting



Conclusion

The three learning methods discussed in this presentation each offer unique benefits.

- **The SQ3R method emphasizes active reading and comprehension**
- **The Cornell Note-Taking System helps organize and review information effectively.**
- **The Pomodoro Technique focuses on improving concentration and time management.**

Q&A Session

Q1:What does SQ3R help learners do?

A1:

Q2:How many minutes do you need to concentrate on Pomodoro Technique?

A2:

Q3:Does the Cornell Note-Taking Method help students organize notes and review information more effectively?

A3:

Q&A Session

Q1:What does SQ3R help learners do?

A1:It helps learners better understand content and retain information longer.

Q2:How many minutes do you need to concentrate on Pomodoro Technique?

A2:

Q3:Does the Cornell Note-Taking Method help students organize notes and review information more effectively?

A3:

Q&A Session

Q1:What does SQ3R help learners do?

A1:It helps learners better understand content and retain information longer.

Q2:How many minutes do you need to concentrate on Pomodoro Technique?

A2:Twenty-five minutes

Q3:Does the Cornell Note-Taking Method help students organize notes and review information more effectively?

A3:

Q&A Session

Q1:What does SQ3R help learners do?

A1:It helps learners better understand content and retain information longer.

Q2:How many minutes do you need to concentrate on Pomodoro Technique?

A2:Twenty-five minutes

Q3:Does the Cornell Note-Taking Method help students organize notes and review information more effectively?

A3:yes

Works Cited

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