

Guidelines for Dyslexic & Short Attention Span Learners

Maximize Your Learning, Develop Your Expertise, & Grow Your Career

1. Use the module quiz as a study guide and activate your focus!

Take the module quiz before you review the module. Write down or print the questions you didn't answer correctly. (If you have no previous knowledge and don't think you will know any of the answers, then just launch the quiz and print the list of questions.) As you go through the module, search for the answer to the quiz questions.

Why?

When the brain is presented with a question, it begins searching for an answer in your knowledgebase and as it does it activates or literally lights up your neurons. It's like turning the lights on! As you listen or read and search for answers you have given yourself a focus as you go through the module. This is much more powerful and will help you retain much more information than when you simply review the module passively with just a general goal to learn.

2. Pace yourself: 10 minutes a day for 6 days is better than 1 hour each Friday!

Review 10 minutes of the module content each day. For those 10 minutes commit to focusing at maximum capacity as you listen or read for the answers to the quiz questions. If, at the end of the 10 minutes, you didn't find any answers, ask yourself what you did learn in that 10 minutes and write down at least 3 key points.

Why?

Research shows that our ability to focus is greatly diminished after the first 10 minutes. Learning something new is an exhausting process because you are literally growing new neural connections in your brain. Each time you find an answer to a question you have created a new neural connection—it's called a learning moment. That's why it's important to write your key points down if you did not find answers to the questions because when you summarize those key points and write them down—you have created your own learning moments thereby ensuring the neurological connections in your brain—without those connections, you won't remember what you learned.

3. Review summary points, both answered and unanswered questions!

Each day when you sit down to study, begin by reviewing the summary points you have written for the module so far, the answered and unanswered questions.

Why?

Reviewing the summary points and the answered questions reminds you of what you already learned—the more you remind yourself of new knowledge, the stronger those neural connections become, the more likely you are to remember them long term. If you don't you may forget what you learned by the time you get to the final exam. Reviewing the unanswered questions sets you up and prepares your brain to find the answers to those questions and continue your focused learning process.

Happy learning!

Please do not hesitate to reach out if you have any questions:

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