

Effective High Level Learning

Effective learning-aid training for students

The goal of this training is to increase the effectiveness of learning through shaping learning habits, improving essential basic skills and evolving effective personal learning habits. During the training you can identify your own learning style, and get to know those strategies, that can personally help you to be more effective in learning. The course helps you recognise the reason of your own difficulties and strengths also.

Topics:

- I. **Generational background of learning problems, learning habits, motivation**
- II. **Improvement possibilities of essential basic skills for effective learning, „strong” learning methods**
 - attention
 - thinking
 - reading, comprehension
 - taking notes
 - memory
 - time management
 - stress management

During the course the participants can acquire and learn about these methods, where improvement provided based on their own abilities.

- III. **Successful learning, as the function of personality**

The participants will get to know their own motivation and specialities connected to their personality. Raising awareness of these will greatly help with the self-knowledge in learning, recognising and handling the possible deficiencies, and the integration of the conscious use of their strengths.

Successful learning is a process – like a dynamic action connected to the self-control of the personality – assumes the integrated operation of the whole personality. A successful student is able to consciously relate to his/her own character, through self-knowledge is able to control certain personality factors – this course will provide enough strongholds through detailed presentation of character dynamic features. As a result the participants in their learning process will relate to their personal specialities and goals in an appropriate, conscious and more effective way.

Duration: 8 x 1,5 hours