

## Skimming Activity

You have 60 seconds to skim the text and identify:

- ☐ The topic sentence – i.e. the sentence that tells you what the paragraph will be about.
- ☐ The 3 key points that will be covered in the rest of the article.

Developing memory strategies is essential for successful study. Memory consists of two processes, memory storage and memory recall. The difficulty most of us have with memory is recalling what we need when we need it. We cannot remember important information, ideas or concepts etc when they are most needed, eg in an exam. However, there are several techniques that you can use to improve your long term memory storage and also recall. These are by improving how your memory organises the information, how it links to other stored information by association techniques and by using active revision techniques.

### Questions

1. Is this reading about successful learning?
2. Would you read this text to find out about how memory organises ideas and information?
3. Your essay topic is 'Adjusting to further study is often difficult. Discuss' Based on your skim of this paragraph, would you read this text for this essay topic?