

[<Back](#) [Print](#)

Intentional Learning

October 2007

LEARNING Skills & Strategies

Welcome to the newest edition of *Intentional Learning*. Have you ever thought about the skills and strategies you use to learn *faster, better, and smarter* than everyone else? You need to be a highly proficient learner to keep ahead in today's competitive marketplace.

Learning Strategy: Never Over Seven

Try Using This Learning Strategy!



Whenever you see a list that has more than seven items, divide the list into *meaningful* groups of seven or fewer items. Then name each group.

For Example Let's say you need to learn a list of 30 different types of fruit. Assume that your job depends on your knowing this list. The first thing you should do is divide the list into different types of fruit. You can either group and name them by their characteristics such as citrus, topical, regional, exotic, etc. Or, you can group and name the list of fruit by their colour (i.e., red, orange, yellow, green, etc.). Your brain can now handle four or five categories of fruit, each with five or six items in each list.

Why the Learning Strategy Works

Never Over Seven



Why? Our short term memory is challenged whenever you need to hold any list longer than seven items. That's why phone numbers are seven digits. Ever tried to remember a phone number and use it right away after looking it up?

Organizing what you are learning into groups or categories works because you are actively doing something with the information, not passively looking at it. You are also forming associations between the various items as well as identifying the reasons (or the rationale for) why they are grouped or clustered together.

You've *leveraged your learning capacity*.

LEARNING Skills & Strategies Workshop (One Day)

****Newly Designed Workshop****

Who Should Attend? This workshop is for you if you need to learn *faster, better, and smarter*. It's specifically designed to help you successfully complete your:

- School courses and exams (high school, college, university, etc.)
- Accreditation or certification courses and exams

- Professional designation courses and exams (insurance, banking, investments/securities, accounting, training, nursing, etc.)
- Workplace-specific orientation/new hire programs, computer systems/applications, new policies and procedures, etc.

It's also for you if you're a trainer/facilitator, training designer or teaching professional who wants to help others leverage their learning capacity and capability.

Overall Learning Outcome: By the end of the workshop you will know for sure how to learn what you need to learn and why the learning skills and strategies work.

More Info: To find out more about this workshop and other **intentional LEARNING** products, contact Valerie Dixon at Learnware Design Inc.

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