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Second Edition

Richard Freeman

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MACMILLAN

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Preface

As modern life increases in complexity, all of us are drawn into learning an ever wider range of topics. No longer are we satisfied with 'reading, writing and arithmetic'. We find ourselves learning the sciences, languages, business subjects, nutrition, health, etc., etc.

But what is the one thing we rarely learn about? Learning. This omission strikes me as odd. The more important learning becomes to us all, the more we need to understand how we learn. This book sets out to help you gain that understanding.

The theme of this book is that each one of us learns in slightly different ways so the key to success is finding out what works for you. Throughout the book you will find out more about how you have learnt in the past. It helps you answer questions like: What things do you remember easily? What things do you find hard to remember? How well do the notes you make work for you? How much information can you extract from a chapter of a book?

Once you know what has worked well for you in the past, then you can go on to improve on these methods. By the end of the book you will have built up a strong range of study skills which help you learn more effectively in less time. You will have learnt about learning.

Your improved skills will include: making realistic plans, keeping yourself motivated, how to check your progress, finding just the information that you want, keeping really effective notes, improving your memory and producing better-written work.

Above all I hope this book will help you to become more confident in planning and directing your own learning. Of course you will still use tutors and lecturers, you will still ask others for help, but this time you will be in charge, getting exactly the help you need.

So why not start now with Chapter 1, which helps you to find out what you really want to get out of study?

RICHARD FREEMAN

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