

Understanding Language // Self-Help Strategies

Some students struggle to understand language in the classroom. Developing skills in self-monitoring your understanding and asking for help or repetition of information will help you to be more independent. Using these self-help strategies will help you develop these skills:

- Make sure you focus on the teacher before they start speaking so you are ready to listen to the information given.
- Ask for something to be repeated if you have not understood the instruction.
- Raise your hand to ask if you are stuck starting a task, don't just sit and wait!
- Ask the teacher to repeat something in a different way if you didn't understand it the first time.
- Make notes and ask your teaching assistant to check if you have got the key information down.
- Use bullet points to make clear notes that will be easier to read back when you are revising.
- Use visual mind maps with e.g. colours, lines, drawings etc. to make your notes easier to revise from.
- Revise class notes with a friend, get them to read you a short piece while you practise taking key point notes, then swap around.

You may find this book useful. It is available from Amazon.

Study Skills Handbook – Dr Sheila Cotterell ISBN 978-0230573055