



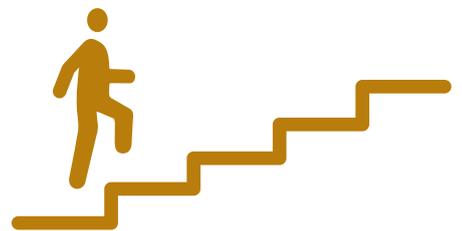
***Lernabl***

# User Guide



# Table of Contents

|          |                                  |           |          |                            |           |
|----------|----------------------------------|-----------|----------|----------------------------|-----------|
|          | <b>Lernabl Journey</b>           | <b>4</b>  |          |                            |           |
| <b>1</b> | <b>Home Screen &amp; Toolbar</b> | <b>5</b>  | <b>5</b> | <b>Saved Sessions</b>      | <b>32</b> |
|          | Using the Study Methods          | 5         |          | Saving your work           | 33        |
|          | Navigation Bar                   | 5         |          | Revisiting your sessions   | 33        |
|          | Lernabl Menu                     | 6         |          | Create a Study Resource    | 34        |
| <b>2</b> | <b>Add Exam Resources</b>        | <b>7</b>  | <b>6</b> | <b>Study Planner</b>       | <b>35</b> |
|          | Topic Cards                      | 8         |          | Import your calendar       | 36        |
|          | Key Terms & Definitions          | 9         |          | Add Commitments            | 37        |
|          | Study Notes                      | 10        |          | Create Study Planner       | 38        |
|          | Images                           | 10        |          | Study Preferences          | 39        |
|          | Web Links                        | 11        | <b>7</b> | <b>Mock Exam</b>           | <b>40</b> |
|          | My Exams                         | 12        |          | Feedback                   | 41        |
|          | Share & Import Exams             | 13        |          | Previous Mock Exams        | 42        |
| <b>3</b> | <b>Focus Areas</b>               | <b>14</b> | <b>8</b> | <b>Resources</b>           | <b>43</b> |
|          | Choosing your focus areas        | 15        |          | Tips for Study & Wellbeing | 44        |
|          | Focus Area Information           | 15-18     | <b>9</b> | <b>Glossary</b>            | <b>45</b> |
| <b>4</b> | <b>Lernabl Study Methods</b>     | <b>19</b> |          |                            |           |
|          | Concentration                    | 20        |          |                            |           |
|          | Cornell Notes                    | 21        |          |                            |           |
|          | Create a Meme                    | 23        |          |                            |           |
|          | Flashcards                       | 24        |          |                            |           |
|          | Fill in the Blanks               | 25        |          |                            |           |
|          | Funnelling                       | 26        |          |                            |           |
|          | Mnemonics                        | 27        |          |                            |           |
|          | RAMBAM                           | 28        |          |                            |           |
|          | Read Cover Check Retell          | 29        |          |                            |           |
|          | Record Audio                     | 30        |          |                            |           |
|          | Text-to-Speech                   | 31        |          |                            |           |





# Lernabl

Lernabl isn't just another study tool to help you prepare for your exams, it's a personalised learning experience. Understanding that every learner is unique, Lernabl centres around key focus areas such as memory retention, focus, comprehension, and active recall. Once you've input your exam details, from key terms to supplementary info, Lernabl leaps into action.

With these focus areas in mind, Lernabl offers a variety of study techniques designed to help you improve specific cognitive skills, helping you prepare for your exams.. Whether you need to sharpen your focus, improve memory, or enhance comprehension, Lernabl has you covered. Embrace an exam preparation journey that caters to your unique needs and maximises your success.

## Science-backed Methods:

Lernabl integrates various time-tested educational theories:



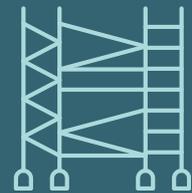
### Active Recall:

Prompting you to pull information from your memory, which has been shown to boost grades and academic outcomes.



### Spaced Repetition:

By leveraging the benefits of revisiting information at increasing intervals, helps to solidify your memory.



### Scaffolded Learning:

Lernabl is your year-round study companion, allowing you to establish a firm framework of foundational knowledge before gradually adding more information.



## How to use this Guide

Click the Chapter Title in the top right corner to go back to the beginning of the chapter

2. ADD EXAM RESOURCES

Click the book icon to go to the Lernabl Glossary

Click the menu icon in the bottom right corner of each page to take you back to the Main Contents Page.



# Your Lernabl Journey



1

## Add your Exams

Begin by inputting all upcoming exams. This creates a foundation for tailored study plans, ensuring you're on track from the start. The more you add in here, the more effective your study will be.

## Focus Areas

Identify key focus areas such as memory retention, focus, and comprehension. Tailor your exam preparation using methods designed to target these areas, helping you optimise memory recall, attention and understanding.

2

3

## Create a Study Planner

Create a personalised schedule with the intuitive Study Planner. Integrate with your own calendar to ensure the study sessions are seamlessly aligned with your schedule, making time management effortless. By spacing out your study sessions, you optimise memory recall and comprehension.

## Study Methods

Discover a variety of proven techniques as well as being fun and engaging. With Lernabl, turn your study sessions into interactive experiences, ensuring effective learning while keeping the monotony at bay.

4

5

## Create a Study Resource

Build tailored study materials based on activities using Lernabl methods from our resource pool. Integrate the most effective strategies for your learning style and ensure you're equipped with the best tools for success.

## Mock Exam

6

Test your preparedness with simulated exams. These provide a realistic experience, allowing you to assess your readiness and make necessary adjustments to your study approach.



# Home Screen & Toolbar

Begin your studying by accessing all key features directly from the Lernabl homepage.

## Home Page - Using the Study Methods



### 1. Choose your Exam

Start your study session by selecting the relevant exam from your list. This dropdown menu connects you to the specific materials you've added for each exam, ensuring your exam prep is targeted and efficient.

### 2. Choose Focus Areas (optional)

Customise your study sessions by selecting one or more focus areas such as memory retention, focus and attention, or comprehension. You can also choose all focus areas for a well-rounded study approach.

### 3. Choose a Study Method

Once you've pinpointed your learning style, it's time to select from a variety of engaging and interactive Study Methods. Each one is designed to make your study sessions dynamic and effective.

## Navigation Bar

The Navigation Bar can be accessed from any page within Lernabl in the top right corner.

### Home

Click here at any time to return to the main dashboard from wherever you are in Lernabl.

### Profile

Change and view your personal details here and find information on your licence.

### Accessibility

Utilise the accessibility features to personalise your study experience such as font & theme preferences.

### Guides

#### User Guide

Click to download a copy of this User Guide

#### Quick Start Guide

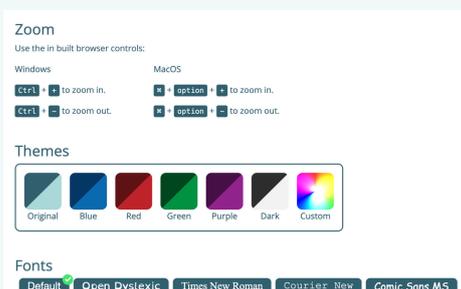
Use the 2 page quick start guide to help you quickly get started with Lernabl

### Logout

Click here to securely log out of your Lernabl session.

### Dark Mode

Click to instantly turn on dark mode. This can be particularly beneficial when studying in the evening or for those who experience visual stress





## Lernabl Menu

The Lernabl menu gives you access to all of the main Lernabl features. Explore the different sections below:



**Add Exam Resources:** Add exams and break these down into Topic Cards full of useful details to fully utilise the Lernabl methods.

**My Exams:** Review and manage your existing exams, and continue adding topic cards as you cover new material.

**Study Planner:** Organise your study schedule with a planner that adapts to your life, helping you find the perfect balance between study and rest.

**Saved Sessions:** Access a repository of your saved study sessions, allowing you to revisit and consolidate your learning.

**Mock Exams:** Test your knowledge with custom-generated mock exams that provide immediate, actionable feedback.

**Study & Wellbeing Tips:** Discover strategies and insights to improve your study sessions and overall wellbeing.

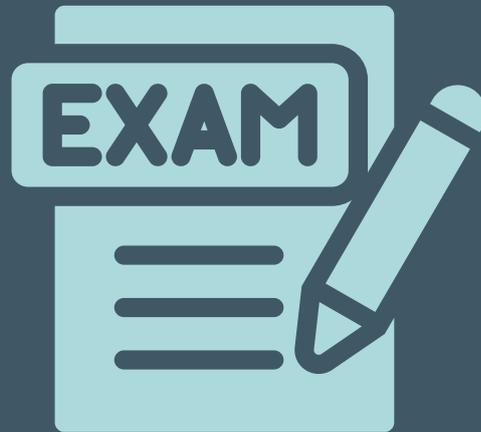
**Study Methods:** Explore different ways to study and revise, each aligned with a particular learning style, to find what works best for you.

**Focus Areas:** Learn more about specific study focus areas and which methods match best with your learning needs

**My Profile:** Personalise your experience by managing your profile settings.

Access the Lernabl menu from any screen using the menu icon





## 2. Add Exam Resources

Welcome to the foundational step of your exam preparation journey. Here, you'll be adding exams and their corresponding Topic Cards.

These cards are rich repositories of key terms, definitions, and supplementary information designed to enrich your study sessions.

You'll learn how to use the *Auto-Generate* feature to quickly populate your topic cards, ensuring a comprehensive study plan.

Remember, the clearer and more detailed your initial setup, the smoother your study sessions will flow.

Access this from the Lernabl menu:





# Add Exam Resources

Setting up your Lernabl journey begins with this crucial step.

By adding information about each exam including key terms, definitions, and other crucial details your Lernabl study sessions will be significantly enriched and personalised. The more intricate and complete your input, the more effectively Lernabl can generate engaging and targeted study methods for you.

| Exam       |                           |                   |                   |  | Delete |
|------------|---------------------------|-------------------|-------------------|--|--------|
| Exam Title | Location                  | Time & Date       | Length in Minutes | Colour   |        |
| History    | Flaxby Building, Room 202 | 03/06/2025, 10:00 | 60                | <span style="background-color: orange; width: 20px; height: 10px;"></span> |        |

**1 Add your Exam details** - such as location, date and duration

**2 Choose a Colour** - this will be used within your Study Planner to colour code different exams.

## Topic Cards

Begin organising your study content with Topic Cards. They serve as individual units of study, helping you segment your material for focused study sessions.

Each Topic Card represents a unique topic or a week's worth of study material, providing a clear and organised way to break down your learning material. You can create as many Topic Cards as necessary, allowing you to accommodate the breadth and depth of your study material.

### User Example



Jenny's exam on Psychology Theories is comprehensive. To manage her exam preparation effectively, she's created distinct Topic Cards for major theory categories such as Psychoanalytic, Developmental, and Cognitive Theories amongst others.

This targeted approach helps her organise and focus her study sessions on specific areas within the vast field of psychology.

**1 Add your Topic Name** Ensure to be as precise and specific as possible.

Topic:  Topic Rating: ★☆☆☆☆ Delete Card

| Key Terms   | Definitions  | Study Notes  | Images  | Web Links                                       |
|---|--|--|---|---|
| <input type="button" value="Auto-Generate"/><br>Term... | <input type="button" value="+ Add/Remove a Key Term Definition"/><br>Definition... | <input type="button" value="Auto-Generate"/><br>Study Notes... | <input type="button" value="+ Add an Image"/> | <input type="button" value="+ Add a Web Link"/> |
| Term...   | Definition...  |  |   |   |
| Term...   | Definition...  |  |   |   |
| Term...   | Definition...  |  |   |   |



# Topic Cards

## Key Terms & Definitions

Adding key terms and definitions ensures you have a clear understanding of essential concepts, providing a solid foundation for deeper study and retention.



These could include key terminology, foundational theories or any other significant details central to your topic of study.

**1 Add Key Terms**  
Add your important words or phrases here.

**2 Add Definitions**  
Add the corresponding definitions for each term.

**3 Add/Remove**  
Use the +- button to add additional key terms or remove the last one in the list.

**4 Expand**  
Click the expand button to view the whole definition



## Auto-Generate

### Don't know where to start?

Use the "Auto-Generate" feature to populate your card with 5, 10, or 15 relevant terms and matching definitions based on your topic name.

Use these suggestions to expand your learning materials and spark ideas for further terms you might want to explore. Think of it as a springboard to dive deeper into your subject.

Auto-Generate

- 5 Key Terms/Definitions
- 10 Key Terms/Definitions
- 15 Key Terms/Definitions



# Topic Cards



## Study Notes

Enhance your Topic Cards with the "Study Notes" section.

Here, you can incorporate valuable excerpts from lecture notes, insights from your research or any other useful content that relates to your topic.

Any text you add here will be utilised when using the Lernabl Methods.

### Study Notes

Auto-Generate

Volcanoes are openings in the Earth's crust that allow magma, gases, and ash to escape from beneath the surface. They are typically found at tectonic plate boundaries. The three primary types are shield, stratovolcano, and cinder cone. Shield volcanoes have gentle slopes formed by lava flows, while stratovolcanoes feature steeper profiles due to alternating layers of ash and lava. Cinder cones are the smallest type, made from fragmented volcanic material. Volcanic eruptions can be

## Auto-Generate

Auto-Generate

50 Word Summary

---

100 Word Summary

### Don't know where to start?

Use the Auto-Generate button to create 50-word or a more detailed 100-word summary based on your topic name.

This can be an efficient way to get a foundational overview or reminder of your topic.



## Images

Incorporating images into your Topic Cards can enhance memory retention and serves as a valuable component for various Lernabl methods.

For example, you can leverage these images to construct personalised study aids, like crafting your own educational memes with the 'Create a Meme' feature.

### Images

#### Click the + Icon

1

Select the locally stored image from your computer.

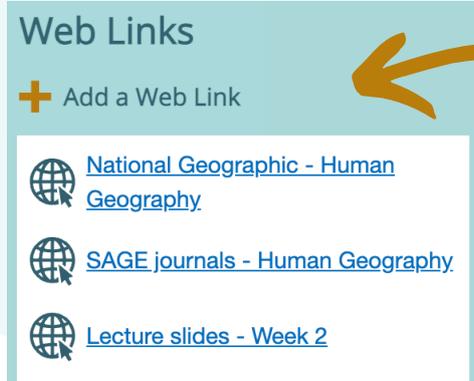
Alternatively **drag and drop** your selected images onto the + icon.



# Topic Cards

## Web Links

Web Links can serve as quick-access gateways to crucial online resources or references, ensuring you always have useful information at your fingertips whenever you revisit your study material



**1** Click the + Icon  
Click the Add a Web Link button to add a link

**2** Add the link details  
Give the web link a name and paste in the URL.



**3** Click Save

## Topic Rating



You can rate each topic in your exam from one to five stars. Use this to track how well you understand the topic or to highlight its importance. It's a quick way to identify topics you need to focus on during your exam preparation journey.

### When to add Topic Cards



#### Pro-Tip

Don't wait for the end of the term to start organising and reviewing! Add topic cards progressively as you cover new subjects. This proactive approach not only keeps your study material up-to-date but also reinforces your understanding by revisiting and categorising information soon after learning.

## Save & Add More Topic Cards



Click Add a Topic Card to create a new card based on a new Topic. You can add as many of these as you'd like.



Once you have completed entering your data, click Save. Don't worry though, you can come back and add more topic cards later.

## Hide/View Topic Cards



You can use the arrows at the bottom of each Topic Card to collapse or show individual Topic Cards



# My Exams



Go to the My Exams dashboard to view all the Exams you've added to your profile. This provides an at-a-glance overview of all your exam topics, schedules, key terms, and more.

### Exam & Topic Names:

Organised by subject, this column lists out all your exams and their corresponding topics.

### Time, Date, and Length:

Stay on track with your organisation by noting down the exact day and duration of each exam. This way, you're never caught off guard. This will also be automatically added to your Study Planner.

My Exams

| Exam                             | Topic Names   | Time, Date and Length                | Key Terms & Definitions   | Study Notes  | Images | Links   |               |
|----------------------------------|---|--------------------------------------|---|--|--------|---|---------------|
| Inclusive Education & Disability | Neurodiversity<br>Disability<br>Inclusive Education                       | 09:00:00<br>01/10/2023<br>60 minutes | Term: Neurodiversity<br>Definition: The concept that neurological differences, such as autism, ADHD, and dyslexia, are natural variations of the human brain and should be recognized, respected, and celebrated.<br>Term: Inclusion<br>Definition: The practice of ensuring that individuals with disabilities or different abilities have equal access and opportunities to participate in all aspects of society, including education, employment, and community life. | Neurodiversity refers to the idea that neurological differences, such as autism, ADHD, and dyslexia, are natural variations of the human brain. It challenges the traditional approach of viewing these differences as disorders or disabilities, and instead recognizes them as unique strengths. The concept of neurodiversity promotes acceptance, understanding, and inclusion of individuals with these differences in all aspects of society, including education. In the context of inclusive education, neurodiversity emphasizes the importance of creating an                |        | <a href="#">Pro-Study</a><br><a href="#">Disabled People</a>                                  | View<br>Share |
| Geography                        | Coasts<br>Volcanoes<br>Asia<br>European Capital Cities<br>Human Geography | 60 minutes                           | Term: Erosion<br>Definition: The process of wearing away or removal of rock and soil by natural agents such as water, wind, or ice.<br>Term: Tide<br>Definition: Sway of water<br>Term: Tides<br>Definition: The periodic rise and fall of the sea level caused by gravitational forces of the Moon and Sun.<br>Term: Deposition<br>Definition: The process of sediment being laid  | Coasts are dynamic landforms that exist where the land meets the sea. They are shaped by a combination of processes such as erosion, deposition, and weathering. Erosion occurs when waves remove material from the coast, while deposition occurs when waves bring material and deposit it on the coast. Weathering is the breakdown of rocks and minerals on the coast. Coasts can be classified into different types such as rocky coastlines, sandy beaches, and coastal wetlands. They are vital ecosystems that provide habitats for a variety of plants and animals, as well as |        | <a href="#">Britannica Quiz</a><br><a href="#">World Data</a><br><a href="#">google.co.uk</a> | View          |

### Key Terms & Definitions/Study Notes/Images/Web Links:

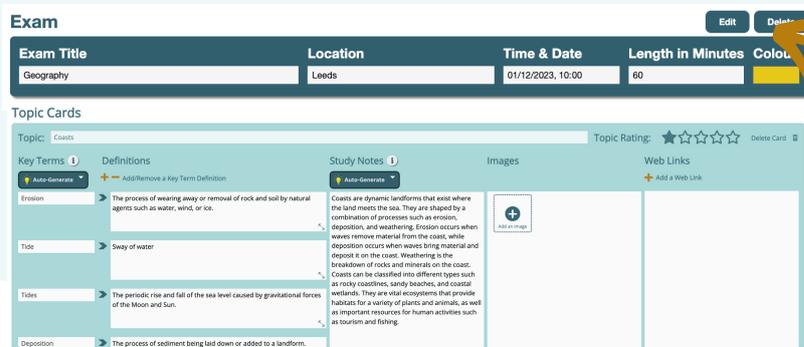
View all your useful inputted data.

### 'View' button:

Clicking this takes you back to your exam, allowing you to view, edit, and add new topic cards as your exam prep progresses.



# Editing/Adding to your Exams



Once you've clicked view from 'My Exams', you will be directed back to the original exam.

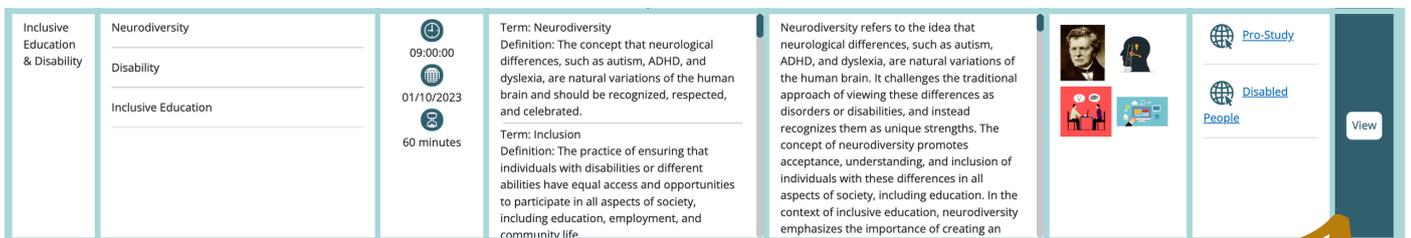
**1** Click the Edit button to make changes.



**2** Once you've made any changes or added any new information, Click the Save button below your Topic Cards.

# Share Your Exams

Lernabl allows you to easily share and import exams and study resources with other Lernabl users, creating a collaborative learning experience. Share with fellow students to help each other prepare effectively, or expand your own exam materials, ensuring you have access to a wide range of topics and insights.



**1** Click "Share": Find the exam you want to share and click the "Share" button next to it. A pop-up window will appear, asking if you'd like to include images in the shared exam file.





# Sample Exam Resources



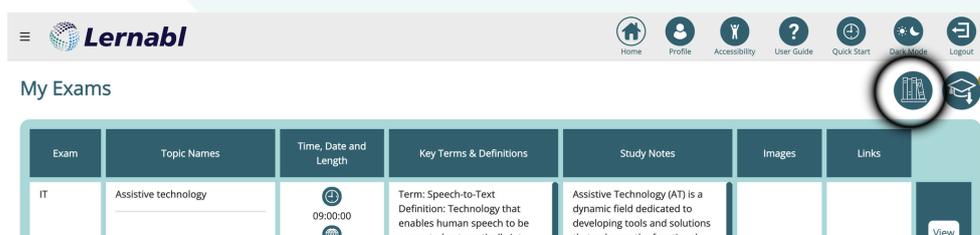
The Sample Exam Resources feature gives you ready-made exam outlines based on your curriculum, offering an ideal starting point for revision when you're unsure where to begin. You can then adapt these materials to suit your study style by adding, removing or editing any of the content.

## How to use:

1

Click the Bookshelf Icon

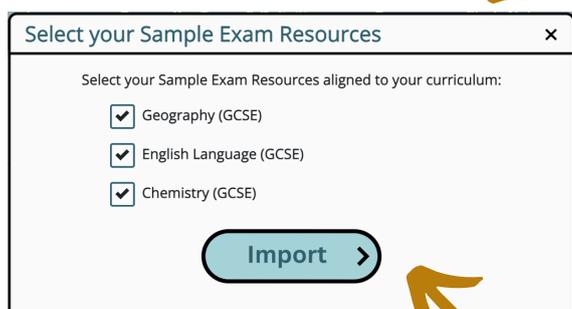
You can find this icon on both the **My Exams** page and the **Add Exam Resources** page.



2

### Select Your Exams

From the displayed list, choose the exams that match your study level or subject requirements.



3

Click Import to add the selected exams to your exam list.

Once imported, you can view these exams with topic cards within Lernabl to study definitions, review. Each exam includes topic cards covering key terms & definitions, study notes, images and useful web links.

These can then be tailored these resources to suit your needs. Feel free to add, remove or edit any of the content so that it fits your curriculum content, personal focus areas or exam board specifications. This flexible approach ensures you're always in control of your study materials.



# Teacher Resources



Teacher Resources let you import exam outlines that your teacher has created, so you can access ready-made study materials directly in Lernabl.

## How to Import Teacher Resources:



**1** On the *My Exams* page or the *Add Exam Resources* page, look for the graduation cap icon.

**2** Clicking the icon will open a file explorer on your device. Choose the exam resource file your teacher has provided.

**3** After selecting the file, the exam resource will appear in 'My Exams', ready for you to study or customise.



## Teachers: Share Exam Resources with Your Students

Teacher Resources enable you to guide your students' revision by providing structured, subject-aligned materials. By sharing an exam outline you've created in Lernabl, you can ensure that students are working with the most relevant content, while also supporting neurodiverse students (such as those with executive functioning barriers) to get started more easily.

### How to Create and Share Teacher Resources

- 1. Create an Exam Resource:** In Lernabl, add a new exam and create topic cards for each section or theme - Include key terms & definitions, study notes, images and web links.
- 2. Save Your Exam by clicking Share:** When you've finished building the resource, go to My Exams, find your exam, and click Share to save it as a file on your device.
- 3. Distribute to Students:** Send the file to your students (e.g. via email). Students can then import this exam directly into Lernabl, ensuring they have structured, targeted resources at their fingertips.



## 3. Focus Areas

Focus Areas provide a targeted approach to improving specific cognitive skills, such as memory retention, focus and attention and comprehension. By identifying the areas you want to strengthen, you can tailor your study sessions to optimise your learning outcomes.

In this section, you'll learn more about each focus area and how they relate to the Lernabl methods. Whether you're aiming to improve your recall, sharpen your attentions or enhance your problem-solving abilities, Lernabl helps you match the right techniques to your goals, ensuring a personalised and effective studying.



# Choosing Your Focus Areas

From the Lernabl home page, you can select one or more focus areas to tailor your studying to specific learning goals. Whether you're looking to enhance memory retention or improve problem-solving skills, you can pick as many areas as you need or opt to cover them all for a more comprehensive study session.

**1** After selecting your exam, choose one or more of the focus areas based on the skills you want to improve.

**2** What would you like to focus on? (optional)

- Memory Retention
- Focus & Attention
- Comprehension
- Active Recall
- Creative Thinking
- Speed & Efficiency

## Memory Retention



Memory retention focuses on helping you store and recall information more effectively. By selecting this focus area, Lernabl will guide you through Study Methods that are proven to strengthen your memory, ensuring key facts and concepts stay fresh in your mind for exams.

### Recommended Methods to Improve Memory Retention:



**Flashcards:** Flashcards involve repeated exposure to key terms and their definitions, which strengthens your ability to memorise and recall information. The instant feedback you get when flipping a card helps reinforce memory.

| Word             | Mnemonic                                    |
|------------------|---|
| Volcano          | Mount Olympus Lovers Climb And New Openings |
| Magnets          | Metal And Some Materials Attract            |
| Lava             | Liquid And Very Active                      |
| Crater           | Crater Reminds Me Typically Reminds People  |
| Pyroclastic Flow | Puff Yellow Smoke Other Colors Lateral Ash  |

**Mnemonics:** Mnemonics are memory aids that turn complex information into simple, memorable phrases or patterns, making it easier to recall tricky facts.



**Concentration:** This game-based method reinforces memory by matching key terms with their definitions. The visual and repetitive nature of the game helps boost recall.



**Fill in the Blanks:** By prompting you to recall and fill in missing information, this method improves your ability to remember key facts and details.

# Focus & Attention

If you find it challenging to maintain concentration during study sessions, this focus area is designed for you. It promotes techniques that keep your mind engaged and on task, helping you overcome distractions and sustain focus for longer periods.

## Recommended Methods to Improve Focus & Attention:

**RAMBAM (Read a Minute, Bullet a Minute):** This method challenges you to stay focused for short bursts of time, reading text and recalling the main points. The time pressure helps improve focus and active engagement.

**Funnelling:** By gradually narrowing down broad topics into their essential points, Funnelling helps you concentrate on the most critical aspects of your studying, keeping your attention on key ideas.

**Concentration:** This game helps improve focus by requiring you to match terms with their definitions. The timed nature of the game helps maintain your attention as you work towards matching all pairs.

# Comprehension

For those who need to deepen their understanding of complex materials, this focus area will help you improve your ability to grasp and make sense of information. The methods recommended here focus on processing and synthesising knowledge.

## Recommended Methods to Improve Comprehension:

**Cornell Notes:** The structured nature of Cornell Notes helps you break down information into key points and summaries, aiding comprehension. By organising your thoughts systematically, you gain a clearer understanding of the material.

**Read Cover Check Retell:** This method helps with comprehension by encouraging you to read a passage, cover it, and retell the information in your own words. It ensures you're not just reading, but actually understanding the content.

**Text-to-Speech:** Listening to the text being read aloud can offer a different angle for absorbing information. It enhances comprehension by giving you a new way to process the material, especially if you struggle with dense or complex text.





# Active Recall



Active recall is essential for success in exams, as it encourages you to retrieve information from memory without prompts. This focus area is ideal if you're looking to enhance your ability to remember facts under pressure.

## Recommended Methods to Improve Active Recall:



**Flashcards:** By quizzing yourself, you practice recalling information from memory without hints. This strengthens your ability to retrieve information in exam conditions.



**Concentration:** The timed matching game reinforces active recall by requiring you to match key terms with their definitions, helping you remember information under pressure.



**Fill in the Blanks:** This method requires you to recall and complete missing information, which is a powerful way to practice pulling information from memory without prompts.

# Creative Thinking



If you're looking for a more engaging and inventive way to approach exam preparation, the creative thinking focus area will guide you through methods that encourage creativity, helping you remember content in a fun and meaningful way.

## Recommended Methods to Creative Thinking:



**Create a Meme:** By turning concepts into memes, you engage creatively with the material. The process of condensing information into a humorous or visual format makes it more memorable and easier to understand.

| Word           | Mnemonic                                    |
|----------------|---|
| Belgium        | Brown Culture Lanes Cities And New Openings |
| Myopia         | Myopia And Sunny Mornings Always            |
| Lane           | Liquid And Very Active                      |
| Circle         | Circle Memos Are Typically Exposed Regions  |
| Pyramid's Peak | Pyramid Peaks Over Green Letter A's         |

**Mnemonics:** Mnemonics help transform complex information into memorable, creative patterns or phrases, using creativity to improve retention and recall.



## Speed & Efficiency



Designed for those who want to optimise their study time, this focus area emphasises quick and effective study methods. It helps you process information faster and retain key points efficiently, perfect for those with busy schedules or tight exam timetables.

### Recommended Methods to Improve Speed & Efficiency:



**RAMBAM (Read a Minute, Bullet a Minute):** This method enhances speed and efficiency by setting time limits on how long you spend reading and recalling information, encouraging you to process material quickly and effectively.



**Text-to-Speech:** This feature allows you to listen to material instead of reading it, which can be a faster and more efficient way to study and revise, especially if you're multitasking or have limited time.



**Read Cover Check Retell:** This method improves efficiency by streamlining the study process into four simple steps. It helps you quickly assess your comprehension and retention of material.



### Pro-Tips

## Maximise Your Lernabl Experience

To get the best results from your study sessions, consider these tips:

- ✓ **Mix and Match Focus Areas:** Don't limit yourself to just one focus area. Combining multiple areas like memory retention and comprehension can provide a more well-rounded study session that reinforces your understanding while helping you memorise key facts.
- ✓ **Track Your Progress:** Use the Saved Sessions feature to save and revisit your work. By regularly reviewing what you've learned, you strengthen your memory and gain confidence in the material.
- ✓ **Stay Consistent:** Successful exam preparation is all about consistency. Make a habit of using Lernabl's tools regularly, and consider setting aside specific times for focused study using the Study Planner.
- ✓ **Experiment with Methods:** Each method offers unique benefits, so experiment to see what works best for you. You may find that a combination of flashcards for memory retention and Cornell Notes for comprehension gives you the edge you need.
- ✓ **Take Breaks:** Remember, your brain needs rest to process information effectively. Take short, timed breaks between sessions to recharge and maintain focus.



## 4. Lernabl Methods

Lernabl Methods are an array of scientifically-backed study techniques & strategies designed to cater to every kind of learner.

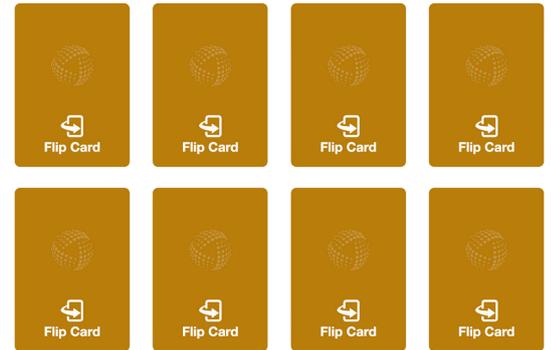
As you input information in the 'Add Exam Resources' section, these methods automatically integrate your exam details, ensuring tailored study sessions.



# Concentration

An Engaging Way to Master Key Terms

The Concentration study method turns exam prep into a game, making the learning process both fun and effective. Designed to reinforce key terms and definitions, this game can significantly improve your memory retention and topic mastery.



## How to Use:

- 1. Start the Game:** Choose your Exam topic from the dropdown menu.
- 2. Start the Timer:** Select how long you'd like to give yourself to complete the game
- 3. Turn Over Cards:** Click to flip over two cards at a time, trying to match the term with its definition.
- 4. Memory Test:** Keep flipping pairs until you've matched all the terms and definitions.
- 5. Repeat:** The more you play, the better your recall will be. Try to beat your previous time or play with a different set of terms.



### Pro-Tip

Regularly updating your key terms in Lernabl under "My Exams" ensures that your Concentration games are always up-to-date and challenging.

## How can this help me?



**Memory Challenges:** The Concentration method uses repetition and pairing, which can reinforce your memory. It's a great way to remember key terms and their definitions.



**Staying Engaged:** If you find traditional study methods a bit dull, this game-like approach can keep you hooked. Each match you make is a small win, helping you stay focused and encouraged.



**Visual Learning:** This method uses both visual and tactile elements, which could be beneficial if you're someone who learns best with visual cues or through 'doing.'



**Reducing Stress:** Studying can be stressful. Turning it into a game can make it feel less like work, helping you to relax a bit while you're revising.



# Cornell Notes

Turn Notes into Knowledge

## 4. LERNABL METHODS

Lernabl's Cornell Notes is designed to make your study sessions smarter, not harder. Whether you're a "read-it-once-and-it-sticks" kind of person or more of a "let's go over-this-ten-times" learner, we've got strategies to suit you.

**Here are some ways you can use use the Cornell Notes system:**

1. Firstly choosing your topic

2. Entering a Title: Add a title for the topic you're studying. This could be a chapter title, a lesson name, or even a specific question you're trying to answer.

3. Choose one of the following methods to use:

### 1. Active Recall: Test your knowledge of key terms and concepts

**Step 1:** Look at a key term.

**Step 2:** Use the main box to write down what you remember about that term.

**Step 3:** Sum it all up in the summary box at the bottom.



### 2. Video Comprehension: Turn Lectures & Videos into Study Material

**Step 1:** Start a video or lecture.

**Step 2:** As you listen, use the main box to jot down notes or even paste screenshots.

**Step 3:** Finish off by summarising what you've learned in the summary box.

**Bonus:** Use the blur tool if you want to quiz yourself later.



### 3. Word Association: Connect key terms with similar words, making them easier to remember

**Step 1:** Pick a key term.

**Step 2:** In the main box, list similar words or phrases you know.

**Step 3:** In the summary box, write a sentence that uses the key term and the similar words.



### 4. Scenario Building: Link terms to real-world situations.

**Step 1:** Take a key term and think of a real-world situation where it applies.

**Step 2:** Describe the scenario in the main box.

**Step 3:** Write a quick "What did I learn?" in the summary box.





# Cornell Notes (continued)

## Scenario Building Example:

**Title** Causes of World War II

| Key Terms / Cues  | Text / Images   |
|---|---|
| <p>Rise of Dictators</p> <p>Treaty of Versailles</p> <p>Great Depression</p> <p>Failure of League of Nations</p> <p>Policy of</p> | <ol style="list-style-type: none"> <li>1. <b>Treaty of Versailles:</b> As a German citizen right after WWI, I'm struggling to make ends meet because of the harsh reparations. I'm feeling really bitter and open to new leaders who promise to restore German pride.</li> <li>2. <b>Great Depression:</b> I'm a teenager in a family that's just lost everything in 1929. We're struggling to put food on the table. When a leader promises economic recovery, even at the cost of some freedoms, it's tempting to follow.</li> <li>3. <b>Rise of Dictators:</b> My family owns a small shop in Italy. The political chaos is bad for business. When Mussolini comes along and things stabilize, I'm more willing to ignore the negatives because life has improved for us.</li> <li>4. <b>Failure of League of Nations:</b> I live in a small country that's invaded. We appeal to the League of Nations, but they do nothing. Why should we trust international organizations after this?</li> </ol> <p>Sans Serif   ▾   Normal   ▾   <b>B</b>   <i>I</i>   <u>U</u>   ☰ ☷</p> <p style="text-align: right;"><b>Blur</b></p> |

**Summary**

What did I learn?

Thinking through these scenarios really helped me understand why people made the choices they did. It's easier to understand the causes of WWII when I consider what people were going through at the time. The political and economic turmoil shaped their decisions.

**Blur**

## How can Cornell Notes help me?

The Cornell Notes method is not merely a tool for taking notes; it is a comprehensive system designed to improve your retention and understanding of the material. This feature is particularly helpful for overcoming specific learning barriers:



- **Memory Challenges:** By utilising active recall techniques, this method is designed to stimulate memory retention.



- **Concentration Issues:** The structured nature of Cornell Notes can make it easier to maintain focus during study sessions.



- **Organisation:** By consolidating key terms, definitions, and summaries in one place, your study becomes more manageable.



# Create a Meme

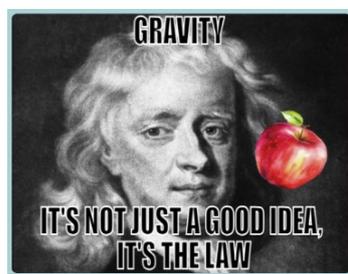
## Your Fun Study Companion

Unlock a fun and engaging way to approach your study material with the Create a Meme method. Take popular meme images or your own topic-related visuals, and overlay them with text to create personalised memes. This creative process can help you better remember key terms and concepts while adding a dose of fun to your study sessions.

### How to use

- 1. Select a Topic:** Choose the exam or topic you're focusing on.
- 2. Pick an Image:** Use provided popular meme templates or upload an image relevant to your study topic.
- 3. Add Text:** Write catchy text for the top and bottom of the image.
- 4. Generate:** Click 'Generate' to create your meme.
- 5. Save or Download:** Choose to save your meme to your Saved Session or download it as a JPEG for sharing.

Here are some examples of our favourite user-created Memes:



### How can this method help me?

This method can be particularly helpful if:



- **Alternative & Fun:** You find traditional Study Methods monotonous.



- **Creative thinking:** You're looking for creative ways to cement key concepts in your mind.



- **Motivation or Engagement:** If you experience challenges with motivation or engagement, the 'Create a Meme' method adds an element of fun to your study routine, potentially making it easier to stick with your study schedule.



# Flashcards

## Your Key Terms, One Card at a Time

Welcome to the Flashcards study method. If you're looking for a straightforward yet highly effective way to memorise terms & concepts you've come to the right place. With Flashcards, you can quiz yourself in a fast-paced, interactive manner.

### How to Use:

1. **Select Your Topic:** Load up the topic you're focusing on. Your key terms for this topic will appear in the centre of the screen.

2. **Flip the Card:** Click on the card or press the "Flip Card" button to reveal the definition that you or Lernabl has pre-loaded when adding your exam.



3. **Switch Cards:** Navigate between cards to explore different key terms and reinforce your memory.

### How can this help me?



**Motivation:** The instant flip action not only makes studying more interactive but can also give you small wins to boost motivation.



**Memory Challenges:** Repeated exposure and active recall are crucial for memory retention. Flashcards allow you to see terms multiple times and test yourself in a non-stressful way.



**Focus Issues:** The quick flip-and-reveal action keeps your brain engaged, making it easier for you to maintain focus during your study session.



**Overwhelm:** If you feel swamped with too much information, Flashcards break it down into manageable chunks, helping to alleviate information overload.



# Fill in the Blanks

Gap the Knowledge: Fill, Reveal, Repeat

Unlock a deeper understanding of your study material with the 'Fill in the Blanks' method. This interactive exercise is designed to reinforce your grasp of key terms and details in any Study Notes you've stored in Lernabl. By identifying the missing words in a given passage, you'll solidify your memory and improve text comprehension.

### How to Use:

- 1. Select Your Topic:** Choose the subject or topic you wish to study and revise. The system will pull up any 'additional information' you've previously inputted.
- 2. Review the Text:** A passage with 5 blanked-out words will appear. Each blank will be numbered.
- 3. Identify the Words:** On the right-hand side, you'll see a list of 5 words. Match each word to its corresponding blank in the passage.
- 4. Check Your Answers:** Click on 'Reveal Hidden Words'. The words will be revealed, and a tick or cross will indicate whether you matched them correctly.
- 5. Hard Mode:** Toggle this option if you want to challenge yourself further by recalling the words without the given options.
- 6. Change Hidden Words:** Want to try again? Click this option to get a new set of blanks and words.

The screenshot shows a list of five numbered items. Item 1 is a dropdown menu with 'human' selected. Item 2 is a dropdown menu with 'urban' selected. Item 3 is a dropdown menu with 'investigates' selected. Item 4 is a dropdown menu with 'Select a word' selected. Item 5 is a dropdown menu with 'Select a word' selected.

Reveal Hidden Words

### How can this help me?



- **Memory Retention:** The act of recalling specific words from a list can assist in the consolidation of memory, helping you to retain important terms and facts more effectively.



- **Active Recall:** This method requires you to recall and complete missing information, which is a powerful way to practice pulling information from memory without prompts.



- **Motivation:** Gamifying your exam prep with a 'Hard Mode' and instant feedback can make studying more engaging, potentially boosting motivation if you otherwise find study monotonous.



- **Self-assessment:** The immediate feedback feature enables you to quickly identify your areas of strength and those requiring more attention, offering an avenue for self-assessment and focused studying.



- **Anxiety:** Some students experience heightened stress levels during study, particularly when faced with large amounts of text. This exercise can alleviate such pressures by providing you with a structured, manageable approach.



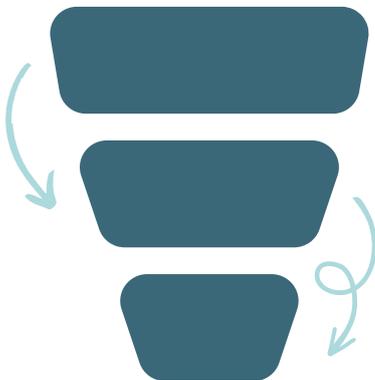


# Funnelling

## Master Your Topic: from General to Specific

The Funnelling method helps you focus your thoughts and understand the essential elements of your topic by starting with a broader understanding and then prompting you to narrow it down to the most crucial points. This exercise will help you summarise your topic effectively and facilitate better recall for exams and discussions.

### How to Use:



1. **Top Box:** Start by adding all the detailed information about your topic. Feel free to paste text or import Study Notes from your selected topic.

2. **Middle Box:** Summarise the content in the Top Box, focusing on the key points. The box size is smaller to prompt you to be concise.

3. **Bottom Box:** Now narrow it down even further. Write a sentence or two that encapsulates the essence of the topic.

4. **Save to Saved Sessions:** Save to your Saved Session to come back later to.



### How can this help me?



- Enhances comprehension by breaking down complex topics.
- Improves focus and eliminates non-essential information.



- Helps you summarise and recall key points effectively.
- The step-by-step, guided approach can provide structure to the learning process, making it easier to maintain focus over an extended period.





# Mnemonics

Unlock your memory's full potential

Mnemonics are memory aids that turn complex information into simple, memorable phrases, images, or abbreviations. By associating difficult-to-remember facts with something catchy or visually striking, this method helps you effortlessly recall what you've studied. Whether you're trying to remember historical dates or complex definitions, mnemonics make the process not just easier, but also much more engaging.



### How to Use:

- 1: Choose Your Topic** - Select the topic you're studying for from the dropdown list.
- 2: Select Key Terms or Concepts** - Lernabl will display a list of key terms or concepts related to your chosen topic that you have entered. Pick the ones you want to focus on.
- 3: Create Your Mnemonic** - Think of a type of mnemonic strategy you'd like to use to craft your mnemonic. This could be an acronym, rhyme, or story.
- 4: Save and Review** - Once you're satisfied with your mnemonic, save it to your Saved Session for future reference and practice.

### Mnemonic Examples

Here are some Mnemonic examples from different subjects:

 **Pro-Tip**

Feel free to add your own Mnemonics into the boxes by typing into one of the text boxes.

#### MARXISM (Sociology)

**M - Many A - Argue R - Revolution X - Exemplifies I - Ideal S - Social M - Models**

(This mnemonic encapsulates different elements that are integral to understanding the essence of Marxism)

#### MAGMA (Geography)

**M - Molten A - And G - Goey M - Material A - Ascends**

(This mnemonic encapsulates the essential characteristics of magma as a molten material that rises through the Earth's crust)

#### COVALENT (Chemistry)

**C - Compounds O - Often V - Vary A - According L - Largely E - Electronegativity, N - Not T - Transferring**

(This mnemonic serves to remind you that covalent bonds involve atoms sharing electrons, based on their electronegativity, rather than transferring them as in ionic bonds)

### How can Mnemonics help me?



- **Feeling Disorganised?:** Mnemonics help you break down complex or tricky info into smaller, more digestible bits. It's a structured way to keep track of what you're learning.
- **Struggling with Memory?:** Mnemonics offer you a clever way to remember facts or concepts, making it easier for you to recall them when you need to.
- **Need to Keep Focused?:** Crafting a mnemonic makes you zero in on what you're trying to learn, which can be a game-changer if you often find your mind wandering.
- **Stressed or Anxious About Exams?:** Knowing you have a mnemonic to fall back on can give you that extra confidence boost, making exam stress a thing of the past.



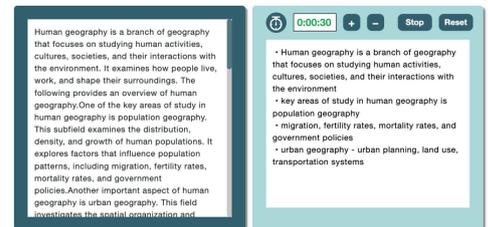
# RAMBAM

## Read a Minute, Bullet a Minute

The RAMBAM Study Method is a focused approach to studying that aims to help you grasp the essence of a topic efficiently. Instead of repetitive reading, this method promotes targeted study to enhance learning and retention.

### How to Use:

- 1. Choose Your Topic:** Select a topic & any additional information you have added to that topic will appear in the left hand box.
- 2. Set the Timer:** Adjust the timer to your preference. The default is set at one minute.
- 3. Read and Digest:** Start the timer and read the text on the screen carefully.
- 4. Bullet the Points:** As soon as the timer goes off, jot down bullet points capturing everything you can remember from the text.
- 5. Review and Correct:** After your time is up, review your bullet points against the original text to assess your recall.
- 6. Save to Saved Session:** If you're satisfied with your bullet list, save it to your Saved Session for later review.



### How can this help me?

- Encourages active engagement with material
- Improves recall and understanding of key points
- Helps in organising thoughts succinctly
- Boost you confidence through self-assessment

## Study Boosters



- **Summary Sentences:** After completing a RAMBAM cycle, write a one-sentence summary of the main idea you've gathered from the text. This forces you to distil the information into its essence, reinforcing memory and understanding.
- **Keyword List:** As you read, note down keywords or terms that are crucial to the topic. Review these after your reading and bulleting session to cement them in your memory.
- **Self-Reflection Notes:** Take a minute to write down what was easy or challenging to understand in that section. This metacognitive approach will help you identify areas where you may need further study.
- **Update your Lernabl Topic Card:** Whenever you encounter complex terms or intricate concepts during your RAMBAM sessions, be sure to update your corresponding Topic Card in Lernabl under the Key Terms and Definitions section. This will enable you to incorporate these newly discovered elements into other Study Methods within Lernabl, such as mnemonics or flashcards, amplifying your retention and mastery of these terms



# Read Cover Check Retell

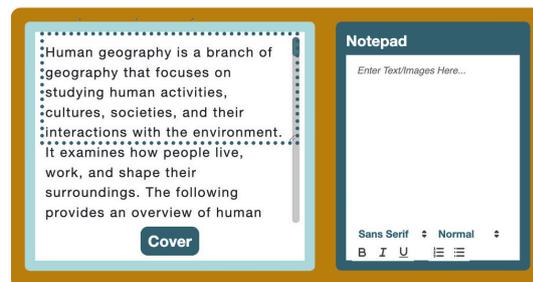
## The Four Steps to Mastering Any Topic

The Read, Cover, Check, Retell method is a versatile and effective strategy to improve both understanding and retention of information. This four-step approach is designed to facilitate a deeper grasp of your study material and to check how well you've internalised it.

### How to Use:

**1. Choose Your Topic & Select your Text:** Select a topic & any Study Notes you have added to that topic will appear in the left hand box. Scroll down the text until you find the text you want to focus on on.

**2. Cover:** use the Cover button to hide the text section



**3. Check:** Write down or verbalise what you remember about the topic, trying to recall specific details, arguments or concepts.

**4. Retell:** Click the 'Show' button to view the original text and compare to what you wrote. Notice what you got right, what you got wrong, and what you missed.

**5. Repeat & Save:** Repeat this process until you can retell the information accurately, then save it to your Saved Session for later review.

### How can this help me?

- **Feeling Overwhelmed by Information:** This method helps you focus on essential content, making it easier to navigate through hefty course material.
- **Struggling with Procrastination:** The structured steps offer you a clear pathway, which can kickstart your study sessions and keep you on track.
- **Finding it Hard to Understand Text:** The retelling phase ensures that you've fully grasped the material, reinforcing your comprehension skills.
- **Having Trouble Retaining What You've Learned:** The "check" step requires you to recall what you've just read, which can significantly improve your ability to remember important details.



# Record Audio

## Say It, Save It, Study It

This tool allows you to record audio snippets of your study material to enhance your study process. This can help you memorise key facts, assist in pronunciation or boost your focus, providing a rounded approach to your study routine.

### How to Use:

- 1: Choose Your Topic** - Select the topic you're studying for from the dropdown list.
- 2: Press Record** - Hit the record button and start reading the text aloud. Don't worry; you can always pause and restart.
- 3: Save and Name** - Once you're done, save the recording and give it a meaningful name so you can easily identify it later.
- 4: Playback** - Listen to your recordings whenever you want. Use the Speed Control feature to adjust the playback speed to your liking.
- 5: Self-Assessment** - Revisit your recordings to identify gaps or areas where you hesitated, so you know what needs more focus.

### Study Boosters

The 'Record Audio' method can be a game-changer for some students. Here are some ways to fully utilise this method:



**Keyword Summaries:** Pick out important keywords or phrases from the text, read them aloud along with a one-sentence explanation and record it.



**Timeline Tracks:** For historical or process-based subjects, create audio timelines where you narrate key events or steps. These recordings can serve as a quick recap before exams.



**Concept Explainers:** Record yourself explaining complex concepts in simple terms. Revisit the recording when you need a quick refresher.



**Audio Flashcards:** Create audio equivalents of flashcards. Play them during commutes or while doing chores to reinforce learning.



**Annotated Readings:** Annotate your text with your own insights and questions, and record them. This will add a layer of depth to your study material.



**Critical Commentary:** After reading the text on the left, record your own evaluation or critique of the material, noting gaps, ambiguities or questions you have. This encourages critical thinking.

### How can this help me?

- Boosts Auditory Learning:** If you're someone who learns best by listening, then this tool is right up your alley. Use it to solidify complex ideas in your mind.
- Reinforces Memory:** The dual action of reading aloud and listening back helps reinforce your memory and deepen your understanding of the material.
- Improves Pronunciation:** Got a term that's tricky to pronounce? Practise it here. This is great for building confidence before oral exams or presentations.
- Aids in Self-Assessment:** Listening back to your recordings can help you pinpoint where you might have stumbled or hesitated, guiding you on what needs more focus during your study.



# Text-to-Speech

Read Less, Achieve More

Lernabl's Text-to-Speech feature is designed to transform your study material into easily digestible spoken words. This solution offers a unique way to interact with your content, making learning more engaging, dynamic, and even enjoyable. By incorporating auditory learning into your study routine, you not only alleviate visual fatigue but also enhance your ability to retain and recall information.

## How to Use:

**Step 1: Choose Your Topic** - Select the topic you're studying for from the dropdown list for which you'd like to use the Text-to-Speech function.

**Step 2: Pick a Voice** - Browse through the available voice options and choose the one that resonates with you.  
restart.

**Step 3: Adjust Speed** - Control the reading speed according to your comfort level.

**Step 4: Play** - Hit the play button to start the Text-to-Speech feature.

**Step 5: Pause, Rewind, or Fast-Forward** - Navigate through the material as you wish.



## How can this help me?

- **Attention Challenges:** If you're struggle to concentrate or have other focus-related challenges, listening to study material may help you concentrate better than reading alone.
- **Exam Crammers:** When exams are looming, and you need to review a lot of material in a short span, Text-to-Speech can expedite your process effectively.
- **Busy Schedules:** If you're juggling coursework, part-time jobs, and social commitments, Text-to-Speech allows you to make the most of your time by studying on the go.
- **Deep Engagement:** If you find it challenging to connect with written text, hearing the material can offer a different angle of engagement that may resonate more with you.
- **Reduced Eye Strain:** Long study sessions can be taxing on your eyes. Switching to auditory learning can provide a much-needed break.
- **Variety in Study Methods:** If you prefer not to be confined to one learning mode, Text-to-Speech offers a complementary method to diversify your study techniques.



# 5. Saved Sessions

Saved Sessions are your personalised reservoir of knowledge.

Think of this space as your digital exam preparation binder, where every piece of information, game, image, and more that you've created or inputted is stored for easy access and review.

You can also create a Study Resource for a tangible piece of work to review.

Access your Saved Sessions from the Lernabl menu:





## Save your Study Sessions



1

Click the **Save** button - On many of the Lernabl methods you find a 'Save' button. click this to save your work.

### Benefits of saving work to your Saved Sessions:

- **Consolidation:** Every time you save your work, you're solidifying the concepts in your mind. It's not just about retaining the information but revisiting and reiterating it.
- **Organisation:** No more scrambling to find notes, games, or images. Everything is neatly organised in one place, streamlining your study sessions.
- **Progress Tracking:** As your Saved Sessions repository grows, so does the visual representation of your hard work and dedication. Witness your progress and gain confidence as you build up a treasure trove of study materials.



## Saved Sessions

1

Select your Exam from the dropdown menu

Geography

Saved Sessions

Your Saved Sessions are a central hub where all the content you've studied using different methods of Lernabl comes together. It's a birds-eye view of your progress, and the different approaches you've taken in your study journey.

**Funnel**

|  |  |   |
|--|--|---|
| <p>Topic: Human Geography<br/>Sunday 17 September</p> <p><b>Funnel Summary:</b><br/>Branch of geography looks at people through communities or cultures.</p> | <p>Topic: Human Geography<br/>Sunday 17 September</p> <p><b>Funnel Summary:</b><br/>Branch of geography looks at people through communities or cultures.</p> | <p>Topic: Human Geography<br/>Sunday 17 September</p> <p><b>Funnel Summary:</b><br/>UK Historical Capital with landmarks such as Big Ben &amp; Tower Bridge</p> |
|--|--|---|

**Mnemonics**

|   |   |
|---|---|
| <p>Topic: Human Geography<br/>Monday 18 September</p> <p>ASIA</p> | <p>Topic: Human Geography<br/>Tuesday 26 September</p> <p>VOLCANO</p> |
|---|---|



Saved Sessions

Within your Saved Sessions, you can effortlessly jump back to any topic or piece of information you've saved.

By revisiting earlier topics, you reinforce your memory and understanding, ensuring that you're not just memorising, but truly comprehending.

2

Click on any entry to go back to the original method.

3

Delete any entries using the bin icon





# Create a Study Resource



From your Saved Sessions, you can handpick specific entries to compile into a 'Study Resource'. Select the entries you want to include and Lernabl will create an exported Study Resource as a fully-formatted Word document, ready for printing.

Contents page



Exam: Geography  
Exam Date: 13/11/23



## LERNABL SAVED SESSIONS

### EXAM: Geography

Table of Contents

|   |          |
|---|----------|
| <b>TOPICS: HUMAN GEOGRAPHY, VOLCANOES</b> ..... | <b>2</b> |
| Cornell Notes .....                             | 2        |
| Concentration.....                              | 3        |
| Create a Meme .....                             | 4        |
| Funnell .....                                   | 5        |
| Mnemonics .....                                 | 6        |
| Read, Cover, Retell, Check .....                | 6        |
| RAMBAM .....                                    | 7        |
| Record Audio .....                              | 7        |

Saved Session extracts



Exam: Geography  
Exam Date: 13/11/23

## TOPICS: HUMAN GEOGRAPHY, VOLCANOES

### Cornell Notes

**Date:** 20/10/23

**Title:**  
Lecture Notes - Week 1: Human Geography

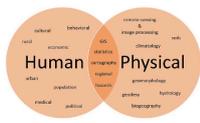
**Key Terms/Cues:**

- Population distribution
- Demography
- Urbanisation
- Migration
- Cultural diffusion

**Text/Images:**

Human geography explores the **relationship between humans and their environments**, focusing on the spatial aspects of human life. This field delves into diverse topics such as:

- urbanisation
- migration
- cultural landscapes



**Summary:**

It examines how these elements shape and are shaped by societal structures. Researchers in human geography often employ qualitative methods, combining fieldwork and interviews to understand local contexts. Importantly, this subject intersects with issues of sustainability, inequality, and social justice, making it relevant in today's rapidly changing world. Human geography offers crucial insights into the complexities of human-environment interactions, aiding policymakers in addressing challenges on both local and global scales.

## Mnemonics

**Date:** 10/10/23

ASIA

**Ancient Sites Include Anchor**

**MEKONG RIVER**

**Majestic Elephants Keep Observing Natural Grounds**

**GOBI DESERT**

**Giant Oasis Barley Inhabited**

**GREAT WALL OF CHINA**

**Cultural Heritage Inspires Numerous Adventures**

---

## Read, Cover, Retell, Check

**Date:** 1/10/23

Capital Cities are centres of history, culture and politics within a country. London is an example.

Melting pot of culture within. Often have landmarks such as the Shard in London. Globally each one is different.

London landmarks =

- Houses of Parliament
- Tower of London
- The Shard

Some landmarks can have political symbolism e.g. Lincoln Memorial and the Capitol in Washington D.C.





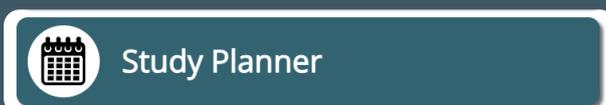
# 6. Study Planner

The Study Planner supports you to optimise your time and create a well-structured plan to ensure success.

Whether you're a morning person or a night owl, it adjusts to your unique rhythms, ensuring your study sessions align perfectly with your peak productivity times.

By integrating your exam details such as exam dates alongside your personal calendar, you can effortlessly balance your study with other commitments.

**Access the Study Planner from the Lernabl menu:**





# Study Planner



## 1. Open the Study Planner

This can be accessed from the Lernabl menu on the home page or using the menu icon.

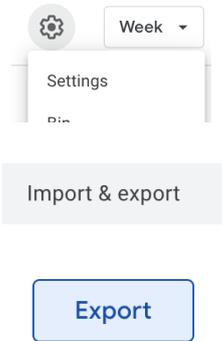


## 2. Import your Calendar

First of all, add your personal and/or academic calendars to make sure your study session slots fit around your current schedule. Below you will find instructions on how to add different calendars.



## Google Calendar



1. On your computer, open Google Calendar (You can't export your calendar from the Google Calendar app).
2. In the top right, click Settings Settings and then Settings.
3. In the menu on the left, click Import & export.
4. Under "Export," click Export. A ZIP file downloads to your computer. If you open the ZIP file, you'll find individual ICS files for each of your calendars.

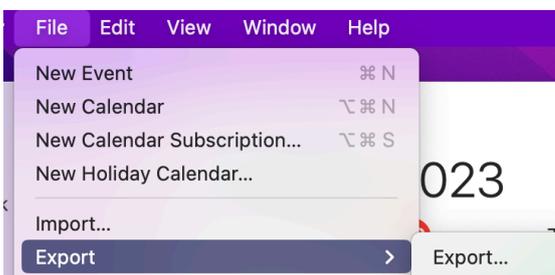


## Microsoft Outlook

1. Open your iCloud calendar on your computer.
2. Go to File > Export > Export...
3. Choose where to save your calendar then press save.



## iCloud Calendar



1. Open your iCloud calendar on your computer.
2. Go to File > Export > Export...
3. Choose where to save your calendar then press save.



**+ Add commitment**

### 3. Add Commitments

From social events to extracurricular activities, there are commitments that you might not have on your everyday calendar. With the "Add New Event" feature, you can ensure these commitments are taken into account in your Study Planner.

**1 Name:** Enter a concise name for your event. For instance, "Football Practice" or "Family Dinner". Add emojis as an additional visual cue.

**2 Description:** Provide more context or additional details such as location. This field is optional, but it can help you remember why a particular slot is booked.

**3 Colour:** Colour-coding helps visually distinguish between different types of events.

**4 Repeat & Until:** Does this event happen regularly? Choose from the dropdown if it's a weekly, bi-weekly, or monthly occurrence. Use the **Until** box to specify until when this repetition should continue.

**5 Start Time & End Time:** Define the time frame of your event. This helps the Study Planner avoid scheduling study sessions during this period.

**6 Click Save:** this will now be added to your Study Planner.

The screenshot shows a form titled "Add New Event" with a close button (X) in the top right corner. The form is divided into a header "Commitment Date and Time" and several input fields. The fields are: "Name" (with "Netball Society" and a netball emoji), "Description" (with "Meet at Sports Hall"), "Colour" (with an orange color bar), "Event Date" (with "01/11/2023" and a calendar icon), "Repeat" (with a dropdown menu set to "Weekly"), "Until" (with "06/06/2024" and a calendar icon), "Start Time" (with "17:00" and a clock icon), and "End Time" (with "18:00" and a clock icon). At the bottom of the form is a "Save >>" button. Six numbered callouts (1-6) are connected to the form by orange arrows: 1 points to the Name field, 2 to the Description field, 3 to the Colour field, 4 to the Repeat dropdown, 5 to the Start Time and End Time fields, and 6 to the Save button.



## 4. Create Study Planner

Once you've imported your calendar(s) and added commitments you can begin to create your personalised Study Planner. Here, you'll select the exams and the corresponding topics you're preparing for. By doing this, you ensure that your study sessions are custom-made to cover all the essential areas of your coursework.

1

**Add an Exam:** Click on the dropdown menu to choose from a list of available exams.

2

**Select Topics:** Once you've chosen an exam, use the second dropdown and pick the related topics.

3

**Click Add + :** Click the Add button to add to the list below.

4

**Add Other Exams:** If you're preparing for multiple exams, simply repeat the above steps to add them all to your Study Planner.

5

**No Exams?** If you can't find your exam in the list, use the link to head over to the 'Add an Exam' page to input an exam.

| Exam      | Topics                                   |
|-----------|--|
| Geography | Human Geography, European Capital Cities |

## 5. Choose your Study Preferences

### Study Times

**Date Range:** Choose the start and end dates for your study period. This could span a few days, weeks, or even months leading up to your exam.

**Time Range:** Specify the earliest and latest times you're willing to study each day.

**On these days:** You may have commitments on certain days, or perhaps there's a particular day you don't want to study.

### Focus Time and Duration

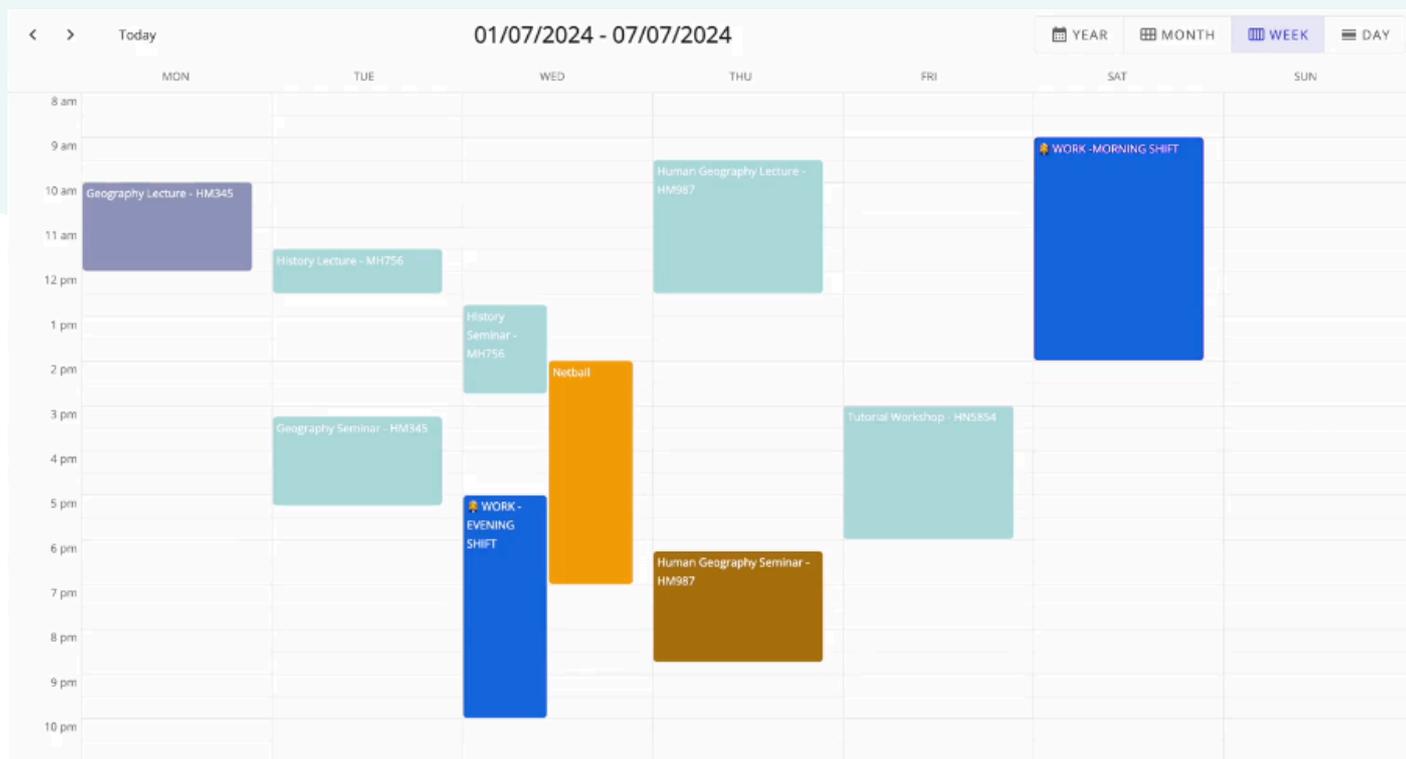
**The time of day I feel most focused is...:** Everyone has their peak productivity hours. choose the time of day when you feel most alert and energised. This preference will prioritise scheduling study sessions during your peak times.

**I like to study for:** How long can you maintain your concentration in a single stretch? Are you someone who prefers shorter, intense sessions, or do you like longer periods with occasional breaks? Set your preferred study duration here.



## 6. View your Study Planner

Once you've set all your preferences, click on Update my Study Planner. The system will then generate a tailored study schedule, fitting in your topics and exams while considering your commitments and peak productivity hours. This ensures you're studying efficiently, without the risk of burnout.



Choose to view by Day, Week, Month, Year



## 7. Editing & Deleting your Study Planner

### Individual Events

To edit events such as scheduled study sessions or events in your calendar, simply click on the event and amend the details. From here you can also delete the individual event by clicking Delete.

Delete

### Entire Study Planner

You can also delete your entire Study Planner to start from scratch by clicking 'Delete entire Study Planner'.

Delete entire Study planner



# 7. Mock Exam

Assess your readiness by selecting topics and question types for mock exams. You can also add a timer for a more realistic exam experience.

Post-exam, consult your statistics and any wrongly answered questions to pinpoint areas for improvement.

**Access the Mock Exam feature from the Lernabl menu:**





# Mock Exam

Geography

1 Choose your Exam from the dropdown menu

2 Edit your exam properties

| Topics      | Type of Questions | Duration (hh:mm) | No. of Questions | Country | Education Level | GO |
|-------------|-------------------|------------------|------------------|---------|-----------------|----|
| UK Politics | Multiple Choice   | 00:30            | 10               | UK      | University      |    |

Choose the topics from your exam that you'd like to be tested on.

Select the type of questions you'd like to be asked

Enter your exam duration

Choose how many questions to be asked

Choose your country

Select your education level

Click 'GO' to start the Mock Exam

## Mock Exam Feedback

After completing your exam, you'll be able to view your score and exam results. These will allow you to identify any areas you may need to focus your future exam preparation on.

By taking notes as you reflect on your answers, this rapid feedback ensures that the material is still fresh in your mind, making this review process an integral part of the learning curve.

### Example mock exam questions:

#### True or False

**Question 1 of 10**

True or False: Volcanoes are formed by the movement of tectonic plates.

- True
- False

#### Multiple Choice

**Question 1 of 10**

Which of the following countries is not located in Asia?

- Brazil
- India
- China
- Japan

#### Fill in the Blank

**Question 8 of 10**

The capital city of India is \_\_\_\_\_.

New Delhi

Statistics

Questions



**Score**  
**9 / 10**  
Well Done!



Start time: 09:28  
End time: 09:31

Duration: 00:02:36 / 01:00:00



*Pro-Tip*

## Remember Consistency is Key!

Using Lernabl regularly can transform the way you learn. Don't wait till the end; take mock exams throughout your term.

Statistics

Questions

**Question 1 (Topic: Asia)** **CORRECT**

Which of the following countries is not located in Asia?

**Your Answer:**

- Brazil
- Japan
- China
- India

**Correct Answer:**

- Brazil
- Japan
- China
- India

**Question 2 (Topic: Asia)** **CORRECT**

What is the most populous country in the world?

**Your Answer:**

- China
- India
- United States
- Indonesia

**Correct Answer:**

- China
- India
- United States
- Indonesia



# View your Previous Mock Exams

Effective exam preparation isn't just about covering content but also revisiting, refining, and reassessing your understanding. As you journey through your studies, it's essential to take a moment to reflect on where you've been and how far you've come. View all the exams you've taken over time for each exam.

Geography



## 1. Choose your Exam from the dropdown menu

**Date & Time:** Each mock exam you take is timestamped, allowing you to trace back to specific study periods.

| Exam      | Date & Time         | Topics  | Question Types                                     | Duration | Mark        | Difficulty |                            |
|-----------|---------------------|---|--|----------|-------------|------------|----------------------------|
| Geography | 31/10/2023 09:38:11 | Other, Human Geography, European Capital Cities | True Or False, Multiple Choice, Fill in the Blanks | 00:00:02 | 0 / 16 (0%) | Hard       | View Results Continue Exam |
| Geography | 31/10/2023 09:27:12 | Other, Human Geography, European Capital Cities | True Or False, Multiple Choice, Fill in the Blanks | 00:00:00 | 0 / 16 (0%) | Hard       | View Results Retake Exam   |
| Geography | 28/09/2023 22:04:39 | Other, Human Geography, European Capital Cities | True Or False, Multiple Choice, Fill in the Blanks | 00:00:00 | 0 / 16 (0%) | Hard       | View Results Retake Exam   |
| Geography | 28/09/2023 22:04:39 | Other, Human Geography, European Capital Cities | True Or False, Multiple Choice, Fill in the Blanks | 00:00:00 | 0 / 16 (0%) | Hard       | View Results Retake Exam   |

**Retake Exam:** Think you can do better? Retake the same exam and challenge yourself once more.

**Topics Covered:** Quickly glance at the specific areas you focused on, how often and when.

**Question Types:** Mix up your study strategy by noting the types of questions you've tackled.

**Duration:** Keep an eye on the time taken for each mock, aiming to reduce it while maintaining or improving accuracy.

**Marks Scored:** Your score represents a point in your learning journey.

**View Results:** Revisit your results to see your strengths and areas needing attention.

## Unlock Success: The Mock Exam Cycle

From understanding your progress to honing specific skills, here are some of the benefits of utilising the Mock Exam Tool:

**A Journey of Insight:** Every mock exam is a window into your understanding, paired with a timestamp to link performance to specific study sessions. Witness growth and identify the most effective study strategies.

**Tailored Practice:** Zoom in on topics to identify strengths and areas for improvement. With diverse question types on offer, practice in a way that mirrors the final exam, ensuring you're ready for any question thrown your way.

**Mastering Time:** Time can be an exam's toughest challenge. Track how long you're spending on mocks, striving for swiftness without sacrificing accuracy—priming you for the real deal.

**Practice makes Perfect:** With "Retake Exam," each attempt is a chance to improve. Focus on steady progress rather than perfection on the first try, building confidence and skill with every retake.

**Deep Dive Feedback:** "View Results" provides in-depth feedback, highlighting your strengths and areas for improvement. Use this detailed breakdown to refine your approach and achieve better results.





## 8. Resources

The "Study & Wellbeing Tips" section is a treasure trove of well-being advice, study strategies, and timing recommendations curated to assist you throughout your Lernabl and exam preparation journey.

Access the Resources from the Lernabl menu:





## Study & Wellbeing Tips



### Environment

The environment in which you study can greatly impact your ability to focus and retain information but can be highly individual, so it's essential to figure out what works best for you.



### Food & Drink

Discover how you can fuel your body and mind effectively to make the most of your study time.



### Taking Breaks

Find out how taking mini time-outs can make a big difference in your study game.



### Sleep

Explore the importance of sleep and how it plays an essential role in learning and memory, making it critical to effective studying.



### Managing Stress

Discover some tried-and-true ways to keep stress in check and reduce overwhelm while you prepare for exams.



### Staying Active

Learn how staying active deserves a spot in your study routine by sharpening your focus and boosting your study performance.



### What to Study

When faced with an end-of-term exam, the vast amount of content can be daunting. Utilise practical tips to guide you in deciding what to study and revise.



### When to Start

Learn how to make the most of your time using the Study Planner, adding to Lernabl early and other useful tips.



# Glossary

|                                    |   |
|------------------------------------|---|
| <b>Topic Cards</b>                 | Interactive cards containing specific information about a subject or topic. These can include definitions, key points, and visual aids that will be integrated into the Lernabl methods.  |
| <b>Auto-Generate</b>               | A feature that allows you to automatically create content, such as key terms and definitions or Study Notes about the Topic name you have entered. This can be useful to help you get started with your exam resource input process.  |
| <b>Key Terms &amp; Definitions</b> | Essential words or phrases specific to a topic, along with their explanations. These are fundamental building blocks of understanding and are crucial for exam preparation.   |
| <b>Study Notes</b>                 | Supplementary details or context that provide a deeper understanding of a topic. This can include examples, historical context, or related facts. These can be copied from Lecture notes/slides, research or useful resources.  |
| <b>Study Planner</b>               | A tool designed to organise and allocate personalised study sessions over a specific timeframe. This will help you to manage your time effectively and ensures comprehensive coverage of all topics before an exam.   |
| <b>Focus Area</b>                  | A selection that allows users to target specific cognitive skills such as memory retention, focus and attention, comprehension, or creative thinking. By choosing one or more focus areas, Lernabl tailors the Study Methods to help users strengthen their abilities in those areas. |
| <b>Study Methods</b>               | Theory based strategies or methods used to review and reinforce knowledge in preparation for exams. Each one has been designed with different focus areas in mind to support all learners.  |
| <b>Mock Exam</b>                   | Interactive practice test that simulates the conditions and content of a real exam. This has been designed to familiarise you with the exam format and to gauge your preparedness.  |
| <b>Saved Sessions</b>              | A personalised collection of resources from your Lernabl study sessions which can be revisited or exported to a Word document for further review.   |