

Focus on speaker:

*Eyes and mind on the speaker.
Resist talking to your neighbors.
Keep your hands and feet quiet.*

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Open your mind:

*Be ready to learn and remember.
“Your brain is like a parachute. It only works when it’s open.”
Clear your mind of distracting thoughts.*

Connect:

*Try to relate what you’re hearing to things you already
know and are related to the lesson.
Create a picture in your mind of the new information.
Listen to other students’ related comments.*

Use your eyes:

*Pay attention to the book, chalk board, worksheets,
overheads, or other visual materials.*

Select:

*Select the important parts so you know what to remember.
Say the important parts to yourself in your own words.
Ask questions to make sure you understand.”* **SMP 2017**