



STUDY AND CPD TIPS

Study or CPD is not just about the night before an exam or during the webinar/course. Learning is a continuous process that needs to be revised and reviewed. Like for example taking notes and reading back after. It's also important to remember that we all have different learning styles and individual needs. Here's some top tips to get the most out of study time or CPD:

1. A time and a place

This needs to work for you A space and time with limiting distractions, setting you up for success. A study or CPD notice on your door will help tell family to not disturb. Remember any multi-tasking will make studying more of a challenge.

2. Consistently

It's tempting to binge on CPD, but I find little and often works best with slots in my diary for specific CPD times. Some of you may prefer larger chunks of CPD time but broken up into different subjects.

3. Plan your time

As above, I have specific slots, an alarm and study in small chunks. Some people prefer a 'CPD day' others small chunks each day. Do what works for you and make sure you study the syllabus and time needed before you enrol on that course.

4. Our learning style and needs

We all learn and digest information in different ways and have a preference to a type of learning style. Don't compare your CPD list with others, go at your own pace and try to avoid FOMO. You'll study better if you take care of yourself, that means rest, breaks, eating well and rewarding yourself for all your hard work.

Learning styles

- Auditory learners prefer to learn by listening.
- Visual learners prefer to learn by seeing.
- Tactile/kinesthetic learners prefer to learn by doing. Role playing is a great example.

5. Review

At least once a week or every few days you should go back over the things you've studied. Rewatching webinars, reading old notes. Sometimes I even go back to old courses to refresh my knowledge – I particularly like courses where you receive lifetime access.

6. Take breaks

It's important to take breaks while you're studying. If you are feeling tired or frustrated, you may be trying to take in too much, or it may be the information is particularly geeky! A brisk walk or a cuppa really helps.

7. Ask for help

Every course should have a mentor or some kind of student support. Check this prior to investing in your learning.

8. Keep motivated!

Remind yourself what you'll achieve at the end and why you are doing it.