

Learning and Memory – How to improve the way you learn and your memory

Date: Tuesday 12 October 2010

Time: 2.00pm – 4.30pm

Venue: Guernsey College of Further Education, Brock Road Annexe

Cost: £75

Tutor: Steve Dudley

The aims of this session are:

- To explore the different ways in which we learn
- To look at the different learning styles that we use
- To explore the factors that improve our learning
- To understand how our memory works
- To learn practical techniques that will improve your memory (instantly!)

Please contact Martine Ellis at the Guernsey College of Further Education on 737925 or email martinee@gcfe.net to book your place.