



**STUDY MAP e-Book 2**  
**7 DAY MASTERY PROCESS**

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# How to study from a Study Map

The following is a quick guide on the process that you should follow in order to achieve substantial recall of your text using the Study Maps.

Please bear in mind that this is not the only study method available, there are in fact many potential strategies you could use, and we recommend that you experiment with your study strategies in order to find what works best for you. The strategy outlined below is simply a guide to get you started. It is a strategy that has worked for many students and will provide you with a good solid foundation to assist you in establishing excellent recall of the information.

## 7 Day Study Map Mastery Process

### Day 1

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#### Step 1 - Peruse Your Study Map:

Place your map on your desk or pin it up on your wall and take a few minutes (*approx 5 min*) to quickly mull over the details. Pay attention to the following:

- The symbol key and the meanings of each symbol.
- Identify the major headings, colours, segment branches, key words and phrases.
- Take note of where the themes and issues are located.
- Identify major landmarks (*pictures*) and where they are located on the Study Map.
- Pay attention to the structure of the map and how it is organically represented.
- Take note of numbers and the sequence these numbers take on the map.
- Take note of any organic map patterns that stand out in your mind, and where their specific location is on the Study Map. Specifically take into account the organic patterns that each of the segments make on the map. What do they look like? What kind of shape do they make? How do they interweave with the other segments and their branches?
- This may sound silly, but pay attention to where the white spaces are on the Study Map.
- Familiarise yourself with the Sample Examination Questions. They will help focus your mind on specific key areas of the map where answers may lie.
- Take careful note of anything else that stands out in your mind, and reflect on its location on the Study Map™.

## **Step 2 - Divide Study Map into Learning Chunks:**

Divide the map into learning chunks, sections or segments (*This will help to simplify your learning*). In most instances this has already been done for you through colours and segment branch headings. However if you prefer, you can look at chunking the material down even further.

Allocate a number to each of these chunks (*segments*) in terms of where you will begin your learning. We recommend that you move through the following colours in the specified order (*you may also just prefer to move through the map in a clockwise or anti-clockwise direction. Whatever strategy you choose is fine*):

1. **Violet – Text Summaries**
2. **Dark Red – Key Themes and Issues**
3. **Light Blue – Character Profiles**
4. **Dark Yellow – Genre**
5. **Green – Structure**
6. **Orange – Style**
7. **Teal – Historical Issues**
8. **Dark Teal – Background Notes**

## **Step 3 - Begin the Study Map Memory Enhancement Process:**

1. Begin by reading and taking a mental picture of the central topic.
2. Now gradually read outward into the segment branch heading of the first segment that you have chosen.
3. Get a quick overview of the segment branch including its overall shape and any pictures that may be attached to it. Also pay attention to the connectors and the patterns that they make within this segment branch.
4. Start to gradually move your attention to the external branches of the Study Map within this segment taking note of key words, concepts, pictures, symbols and ideas. Taking it one branch at a time, focus on mentally storing what you are seeing into patterns and shapes within your mind.

View the minor branches as one smaller chunk of information and take note of the overall shape they make. Also keep associating the pictures to key words and concepts.

Keep in mind here to **Study Aloud**. What this means is to talk yourself through the Study Map as you are learning. This will stimulate and enhance your brain's activity, effectively converging your left and right brain hemispheres, thusly accelerating your memory and recall of this information.

5. Once you feel that you have understood and grasped an overall picture of an entire branch of a segment move on to the next branch until the entire segment has been completed in a similar fashion.
6. When you have completed a segment take a quick overview of it once again as a whole chunk of information. Now close your eyes and reconstruct as much of this segment as

possible from your memory. By talking yourself through it aloud you will stimulate more of your brains potential which will enhance your memory and recall of the information. Don't worry about accuracy at this stage of the learning process, however you may in fact be surprised how much you actually can recall and remember the very first time you do this.

7. Now, move onto Segment 2 and follow the same process as discussed above – steps 4 to 6.
8. Go back to Segment 1 and undertake a quick 5 minute review of it, then close your eyes and recall it once again from memory.
9. Move forward to Segment 2 again and undertake a quick review of it as well. Now close your eyes and recall it once again from memory.
10. Move onto Segment 3 and follow steps 4 through to 6 as listed above.
11. Return once again to Segment 1 and undertake a quick 2 minute review of it. Now close your eyes and recall it once again from memory. Do the same for Segment 2 and 3.
12. Follow this pattern until you have moved through the entire Study Map in this fashion (*the pattern looks complex, however once you run through it a few times it becomes second nature*).

The pattern is as follows:

- |                               |                               |                               |
|-------------------------------|-------------------------------|-------------------------------|
| <b>1.</b> Segment 1 - Read    | <b>25.</b> Segment 4 - Review | <b>49.</b> Segment 5 - Review |
| <b>2.</b> Segment 1 - Recall  | <b>26.</b> Segment 4 - Recall | <b>50.</b> Segment 5 - Recall |
| <b>3.</b> Segment 2 - Read    | <b>27.</b> Segment 5 - Read   | <b>51.</b> Segment 6 - Review |
| <b>4.</b> Segment 2 - Recall  | <b>28.</b> Segment 5 - Recall | <b>52.</b> Segment 6 - Recall |
| <b>5.</b> Segment 1 - Review  | <b>29.</b> Segment 1 - Review | <b>53.</b> Segment 7 - Read   |
| <b>6.</b> Segment 1 - Recall  | <b>30.</b> Segment 1 - Recall | <b>54.</b> Segment 7 - Recall |
| <b>7.</b> Segment 2 - Review  | <b>31.</b> Segment 2 - Review | <b>55.</b> Segment 1 - Review |
| <b>8.</b> Segment 2 - Recall  | <b>32.</b> Segment 2 - Recall | <b>56.</b> Segment 1 - Recall |
| <b>9.</b> Segment 3 - Read    | <b>33.</b> Segment 3 - Review | <b>57.</b> Segment 2 - Review |
| <b>10.</b> Segment 3 - Recall | <b>34.</b> Segment 3 - Recall | <b>58.</b> Segment 2 - Recall |
| <b>11.</b> Segment 1 - Review | <b>35.</b> Segment 4 - Review | <b>59.</b> Segment 3 - Review |
| <b>12.</b> Segment 1 - Recall | <b>36.</b> Segment 4 - Recall | <b>60.</b> Segment 3 - Recall |
| <b>13.</b> Segment 2 - Review | <b>37.</b> Segment 5 - Review | <b>61.</b> Segment 4 - Review |
| <b>14.</b> Segment 2 - Recall | <b>38.</b> Segment 5 - Recall | <b>62.</b> Segment 4 - Recall |
| <b>15.</b> Segment 3 - Review | <b>39.</b> Segment 6 - Read   | <b>63.</b> Segment 5 - Review |
| <b>16.</b> Segment 3 - Recall | <b>40.</b> Segment 6 - Recall | <b>64.</b> Segment 5 - Recall |
| <b>17.</b> Segment 4 - Read   | <b>41.</b> Segment 1 - Review | <b>65.</b> Segment 6 - Review |
| <b>18.</b> Segment 4 - Recall | <b>42.</b> Segment 1 - Recall | <b>66.</b> Segment 6 - Recall |
| <b>19.</b> Segment 1 - Review | <b>43.</b> Segment 2 - Review | <b>67.</b> Segment 7 - Review |
| <b>20.</b> Segment 1 - Recall | <b>44.</b> Segment 2 - Recall | <b>68.</b> Segment 7 - Recall |
| <b>21.</b> Segment 2 - Review | <b>45.</b> Segment 3 - Review | <b>69.</b> Segment 8 – Read   |
| <b>22.</b> Segment 2 - Recall | <b>46.</b> Segment 3 - Recall | <b>70.</b> Segment 8 – Recall |
| <b>23.</b> Segment 3 - Review | <b>47.</b> Segment 4 - Review |                               |
| <b>24.</b> Segment 3 - Recall | <b>48.</b> Segment 4 - Recall |                               |

By the end of this step you should have read, recalled and reviewed each segment branch accordingly with the table listed below:

	Read	Recall	Review
Segment 1	1	7	7
Segment 2	1	7	6
Segment 3	1	6	5
Segment 4	1	5	4
Segment 5	1	4	3
Segment 6	1	3	2
Segment 7	1	2	1
Segment 8	1	1	0

13. The amount of time that each segment takes you will depend entirely on the size of the segment. However as a general rule of thumb, when you move through the map the very first time it should not take you longer than 1 to 2 hours. After that each time you peruse your Study Map you will no doubt accelerate your learning and comprehension speed.
14. Now, take 5 minutes to quickly peruse the entire map once again as a whole, taking into account all the major landmarks and patterns you identified earlier.
15. After completing step 14, close your eyes for a moment and visualise the entire map within your mind. Now put the map away and take out an A3 piece of paper and quickly sketch out the map from memory. Do a rough sketch of all the major points and ideas and how they connect with one another. Using colours and drawings (*stick – hangman – figures are acceptable*) will help with the process of memory recall. This should not take you longer than 20 to 30 minutes.
16. Once completed step 15, take out your Study Map and compare it to your sketch. Take note of anything that you may have written down incorrectly or forgotten about all together. Spend a few minutes reviewing these forgotten areas of the map. Once you have clearly identified areas for improvement, quickly add them to your sketch in a different colour you have not yet used. Continue until your sketch is complete.
17. Put the map away and do not think about it for 24 hours.

## Day 2

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18. The next day, follow the same process as you did for Day 1, however this time begin reviewing from Segment 8 and move backwards through to Segment 1. This process on Day 2 should take half the time that it did on Day 1, which should be approximately 0.5 to 1 hour.

## Day 3

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19. Take into consideration the major themes, issues and Stop Signs within the map and work on expanding on them through careful thought, consideration and reflection. In fact you should take out another piece of paper and map out your own interpretation of these themes and issues in your own Study Map style.
20. Put the Study Map away and once again draw it from memory on a blank A3 piece of paper. When done compare it to not only the original Study Map but also to the sketches you drew on Days 1 and 2.

## Days 4 - 7

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21. During these days begin moving through the sample examination questions provided for you on your Study Map and write detailed essays on each question. For the first few questions utilise your Study Map as a reference tool, however as you progress to the final questions work only from your memory of the map and of course the text.

By the end of day 7 you should be much more prepared for your examinations. You should not only have 80% to 95% memory recall of your Study Map but will also have the necessary practical knowledge, experience and skill to excel in your examination. Remember however to write multiple essays prior to your English examination.

**TIP:** After you have completed your 7 Day journey, plan to review your Study Map at least once per week all the way through to your examination. This review should take you approximately no more than 10 to 20 minutes; however it will increase the likelihood that the Study Map will always be fresh and accessible in the forefront of your mind.