

## ACE Skills and Strategies for Learning

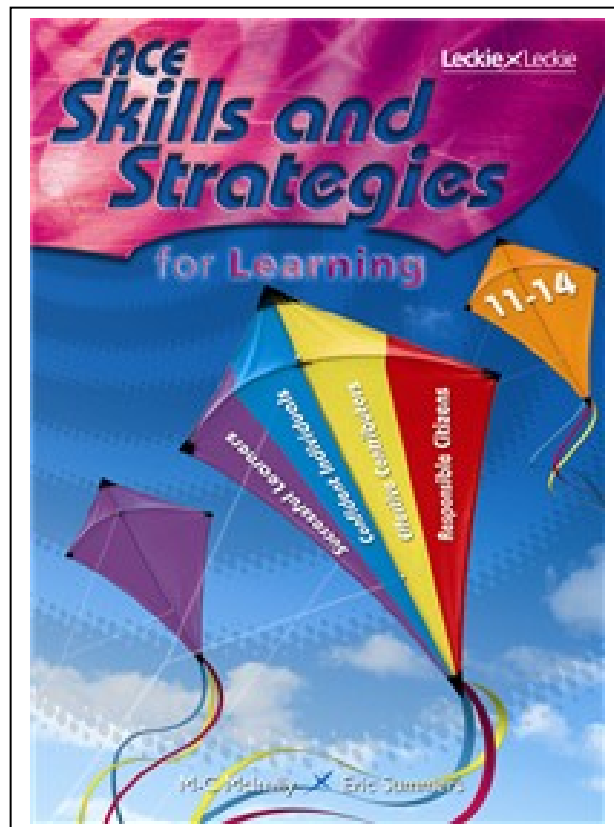
(Please go to [www.leckieandleckie.co.uk](http://www.leckieandleckie.co.uk) for more information)

**Grade(s):** Other Resources

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This practical A5 handbook delivers key life and study strategies to help 11 to 14 year olds become successful learners and responsible citizens. In addition to personal questionnaires for study and life self-knowledge, units encourage students to think about healthy-eating, exercise, organisation, relationships and challenges to get the most from school and life in general. The transition from primary to secondary school is also included and icons relating to A Curriculum for Excellence show students how to be successful learners, confident individuals, responsible citizens and effective contributors. It is available in multiple formats (including large print, daisy and audio) for visually impaired students.



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  - Moving from primary to secondary school
- 1 The amazing brain**
- How do you learn best?
  - Multi-sensory learning
  - Multiple intelligences
- 2 Healthy lifestyles: eat well, get active and feel good**
- What do you need?
  - Eating for an amazing brain
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  - Feel good, be confident, be happy
- 3 Getting organised**
- Why get organised?
  - Keeping a diary
  - Drawing mindmaps
  - Sorting your space
  - Collecting key information
  - Using your computer
- 4 Putting it all together**
- Time management
  - Pay attention!
  - Creativity
  - Making connections