

# **Devak, 16 – London**

## **Reference for Adrian Finnegan**

### **ACE Recall Study Performance Coaching**

My coaching was very enjoyable and interesting. It was very good for discovering new things, learning new study skills and getting tips and techniques to help me study more efficiently. The variety and value of the practical exercises and personal direction I got from Adrian was also good for helping me achieve my main study goals.

Many techniques are more efficient than the ones we are used to hearing about. So the coaching helps you become more organised in your work and as a person. It also gave me a better understanding of how my memory actually works.

Most helpful has been realising that organisation is so important for increasing the speed at which I work. Also valuable is learning how to make small changes. For example: eliminating distractions is key to helping you improve at studying. I have now reduced the time I am on my phone, starting work earlier and therefore eliminating the distractions. I am much more organised which helps me work more efficiently and faster.

The techniques that have been given are very effective for how to revise. Throughout my coaching I especially enjoyed learning new topics on memory. This has benefitted me as I have a greater understanding for what I learn now. My coaching has helped a lot with the way I study. My retrieval of information has now increased. I learn things at a faster rate, so my revision is faster.

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Things I can do now which I could not do before include, for example, how to create memory traces so that I remember things for a long period. As I have been coached in techniques to improve my memory, my memory performance has grown stronger. I have proved that it works as I have done it.

What I really liked then about the coaching was learning things at a fast rate, and being able to absorb large amounts of work faster, more efficiently and effectively. I also learnt how to organise my work to make it easier and faster to revise, and how to prepare for exams, such as what I should do in the week before the GCSEs. This coaching can benefit other students as it will increase their memory performance, get them more organised and less stressed for the exams.

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