



COLREGS STUDY PROGRAM

www.mastercolregs.com

Study Guide Content.

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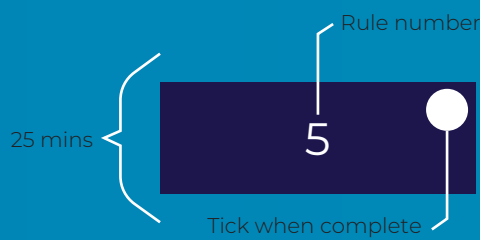
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How to use this program.

This program runs over 4 weeks, and it will take you through each of the rules from 1-20. The study calendar shows a day by day study plan broken down into 25 min sessions.



You will complete 2 x 25 min sessions per study day. You decided when to do each session, but you should take at least a 10 min break before starting the next one.






Some sessions are shorter or have more than 1 rule. These are the rules that don't have much text or are easy to learn. Just split your session up so that you cover all of the rules in the box.

We recommend that you print out the study calendar and keep it somewhere close to hand. Most students stick it on the wall in their study area, but you could keep it in your diary or on your desk.

Monday	Tuesday	Wednesday	Thursday	Friday
5	7	6	6	2
6	8	8	8	8
17	17	13	13	14 12
17	12	12	15	14
16				
9	9	9	18 11,4	3
18	18	18	11	0
1,19	19	19	19	3
10	3	10	3	10

Make sure you keep track of your progress by ticking off each session as you go.

“ A goal without a plan is just a wish ”

	Monday	Tuesday	Wednesday	Thursday	Friday	Quiz
1	5 ●	7 ●	6 ●	6 ●	2 ●	
2	6 ●	8 ●	8 ●	8 ●	8 ●	
3	17 ●	17 ●	13 ●	13 ●	14 ●	
	17 ●	12 ●	12 ●	15 ●	12 ●	
	16 ●				14 ●	
4	9 ●	9 ●	9 ●	18 ●	3 ●	
	18 ●	18 ●	18 ●	1 ●	10 ●	
	1,19 ●	19 ●	19 ●	19 ●	3 ●	
	10 ●	3 ●	10 ●	3 ●	10 ●	

Part A

Part B Section 1

Part B Section 2

Part B Section 3

YOUR STUDY SESSION.

- 1.** Start by simply reading the rule. Don't worry about remembering it at this stage you are just becoming more familiar with the text.
- 2.** Read the rule again, this time think about any obvious connections between words or images that come to mind.
- 3.** Recite as much of the rule as you can into the voice recorder on your phone. Don't worry if you make a mistake just keep going.
- 4.** Listen back to the recording while you read the rule. This is going to feel strange at first as you may not be used to listening to your voice. Focus as much of your attention as possible on the words and the page and in the recording. Underline the areas where you made a mistake.
- 5.** Set a timer for 1 min and leave the room. Make a drink, stretch, or just chill. You mustn't study during this period, but don't worry you are still learning. Even when we aren't thinking about work our brains are processing and storing memories.
- 6.** Come back to the rule and again try to recite it into a recorder. Go back to step 3.

You are going to follow the steps above for 25 mins. You must take a break between sessions. Taking a break helps your brain process the information and makes it much more likely you will retain memories.

TEST YOURSELF.

At the end of each week, you should take a short quiz to test your new skills. Each quiz will cover the rules you have learned so far and will help you measure your progress as you move through the program.

You can take the quiz by printing the word documents found at the links opposite or take the quiz online. We recommend taking the online version if you can as it will mark your answers for you.

Each quiz questions is labeled with associate rule number. There are up to 50 questions per quiz, each quiz should take between 10 -50 mins to complete

Don't worry if you get a question wrong, it isn't an exam. Just take a note of which rule you are struggling with on the page opposite. Make sure you come back to these rules at least 3 times during the next week.

Week 1

This quiz covers rules 2,5,6,7,8 it should take you about 10 mins to complete.

Online Quiz - <https://testmoz.com/q/7665398>

Word doc Quiz - https://docs.google.com/document/d/1rS_WAc8eHSmxMx7OqEkyr6shzBaT98XPUDa-oAZNHUU/edit?usp=sharing

Word doc Answers - <https://docs.google.com/document/d/1XPPUv4Tr8hNH9S1YQ7kmiRSJxqgXoUF0XLFkMTmFEEm0/edit?usp=sharing>

Focus points for next week

Week 2

This quiz covers rules 2,5-8,and 12-17 it should take you about 25 mins to complete.

Online Quiz - <https://testmoz.com/q/7745230>

Word doc Quiz - <https://docs.google.com/document/d/1RiLaRFL0BAWQRUCU3wN3ilehUOFqZdpBamapG7YEOOgl/edit?usp=sharing>

Word doc Answers - https://docs.google.com/document/d/1_snPf0QR7Mqaec4BgC_StyFqAVeMh7rVY1Du2gUkfOk/edit?usp=sharing

Focus points for next week

Week 3

This quiz covers rules 1-9, and 11-18 it should take you about 45 mins to complete.

Online Quiz - <https://testmoz.com/q/7756564>

Word doc Quiz - <https://docs.google.com/document/d/1zLncES7VvufZ-hKgJABXklzg65WT6N7OibbX0pbiMEE/edit?usp=sharing>

Word doc Answers - https://docs.google.com/document/d/1eMD2uTOcmxxNvfUjExkCeTEo-Aqs0bTM6aMJgz_DyIQ/edit?usp=sharing

Focus points for next week

Week 4

This quiz covers rules 1-19 and it should take you about 50 mins to complete.

Online Quiz - <https://testmoz.com/q/7756728>

Word doc Quiz - https://docs.google.com/document/d/1z5lvR-FEsRvXhbo1-c_4NnemVRcqUJW4dN_NUKmVlzc/edit?usp=sharing

Word doc Answers - https://docs.google.com/document/d/1cghejwHCFkYFCVCuSiw8ToXJLI3s_BKq9qULkFH5LXs/edit?usp=sharing

Focus points for pre test revision