

Study strategies

There are several different ways to study. But these various strategies are not all equally effective. It is important to remember that a combination of diverse strategies will help you memorise information best.

STRATEGIES

Sum up the subject.

Rewrite your notes on flash cards to read then again.

Rewrite your class notes.

Read your notes or your manual again.

Highlight important information.

BEST STRATEGIES

Ask yourself questions about the subject.

Use flash cards to ask yourself questions.

Do the written exercises and assignments.

Explain the subject to someone else or to yourself (out loud).



HOW DO YOU SCHEDULE YOUR STUDY TIME?

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- Cram before an exam.
- Underestimate how much time you need to study.

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- Break your study time down into doable individual sessions.
- Plan a study schedule and keep to it.