

Top 10 Study Tips

Your quick guide to studying smarter, not harder.

✔ Active Recall

Use flashcards and practice questions to force your brain to retrieve information.

✔ Teach Someone the Material

Explaining a concept clearly to another person is the ultimate mastery test. If they understand it, *you* understand it.

✔ Spaced Repetition

Review material multiple times over several days. Spacing strengthens long-term memory more than cramming.

✔ Create a Memorable Acronym

Turn lists, steps, or processes into a catchy acronym. The more vivid or funny it is, the easier it sticks, especially under pressure.

✔ Practice Under Test Conditions

Simulate the exam: timed, quiet, no notes or only a single reference sheet. This reduces anxiety and builds confidence.

✔ Create 1-Page Summaries

Condense each unit into a single page. This forces clarity and gives you a rapid-review tool for the night before.

✔ Prioritize Topics

Study strategically, not endlessly.

Focus on:

- Concepts emphasized in class
- Past exams
- Areas you struggled with

✔ Last-minute Recall Strategy

Use your brain's natural memory patterns:

- **Night before:** Long-term recall, such as writing and fill-in-the-blank
- **Morning of:** Short-term recall, such as multiple choice and quick quizzes

✔ Use the 30-10 Study Cycle

Thirty minutes of focused work, ten minutes of rest. This keeps your brain sharp and prevents burnout.

✔ Sleep 7 - 8 Hours

Memory consolidation happens during sleep. A rested brain performs better than an exhausted one.



You've got this! One step at a time.