STUDYING 101: ENHANCE YOUR LEARNING

Learning these strategies will help you maximize your study time

1. BROADEN YOUR STUDY STYLE

You deepen your learning and understanding of a concept when you learn it using more than one modality.

Example: when studying you can take written notes, draw a diagram, and explain it verbally to a friend

Other modalities can include: watching a video, drawing, and role plays
MORE STUDY TIPS

2. AVOID CRAMMING

Our brains work better when learning is spaced out, instead of crammed in all at once. This allows our brain to incorporate knowledge and remember it better.

Example: instead of studying 6 hrs in one day, study 1 hr a day for 6 days

3. DEEPEN YOUR LEARNING

To deepen your learning see how simply and clearly you can explain a new concept without losing essential information

HOW TO:

- Pick a concept (e.g. Krebs Cycle)
- Explain it to another person in the simplest way possible (teach a friend who is new to the subject)
- Identify gaps in your explanation
- Review your explanation and see if you can make it clearer and fill any gaps