

Study Tips for Learning Better

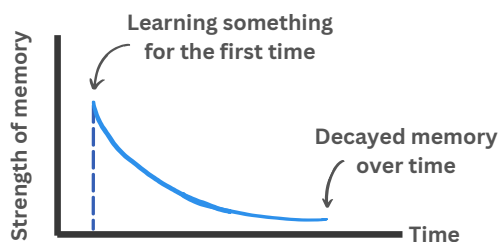


Struggling to see the results of your weekly Uni schedule? Well, a study routine is not a one-size-fits-all affair, but there are some universal ways for you to make the most of your limited time and capacity.

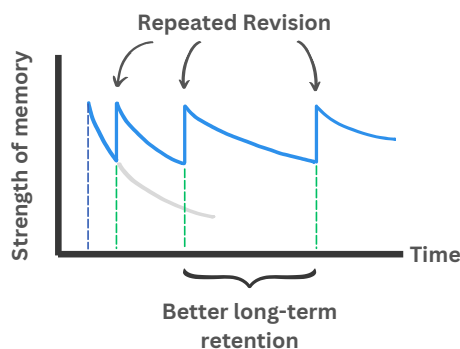
by Patrick Catambay (Peer Academic Mentor)

► The strength of spaced repetition.

Whenever we learn something new, our brains start to forget things we don't use regularly. This is shown in the 'forgetting curve':



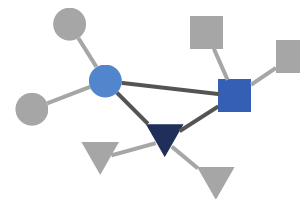
You can improve your study routine by strategically structuring your revision, because your retention of the content gets better each time.



The way you revise is important too. Don't just re-read your notes. See if you can summarise the key concepts and relate them to each other.

► Connect the dots.

For content/concept-heavy units, see if you can map out and link the concepts you've been learning into an organised web of ideas. This process will help the formation of associations within your brain.



This will help you with retrieving the information from your memory, and enable you to see the big picture around what you are studying.

► Ask questions, and be curious!

How does this work? Why is this important? What are the limitations?

Curiosity is an invaluable quality that we can all nurture, and being able to ask the right (and wrong!) questions is an important step for learning better.

Good luck!