

Study Like a Brain Scientist

6 Step Learning Habit Card

Habit	Description
1. Chunk Learning	Break big topics into small pieces. Focus on one chunk at a time.
2. Active Recall	Close your notes and retrieve info from memory — don't reread passively
3. Spaced Repetition	Review after 24 hours → 1 week → 1 month. Consistency wins.
4. Teach It	Explain it in simple terms — if you can teach it, you know it.
5. Short Focus Bursts	Use Pomodoro: 25 min deep focus + 5 min rest. Avoid multitasking.
6. Reflect & Apply	Ask: What did I learn? Where can I use this? Apply once to remember forever.

Tip: Learning isn't about time — it's about technique.