# STUDYING SMARTER...
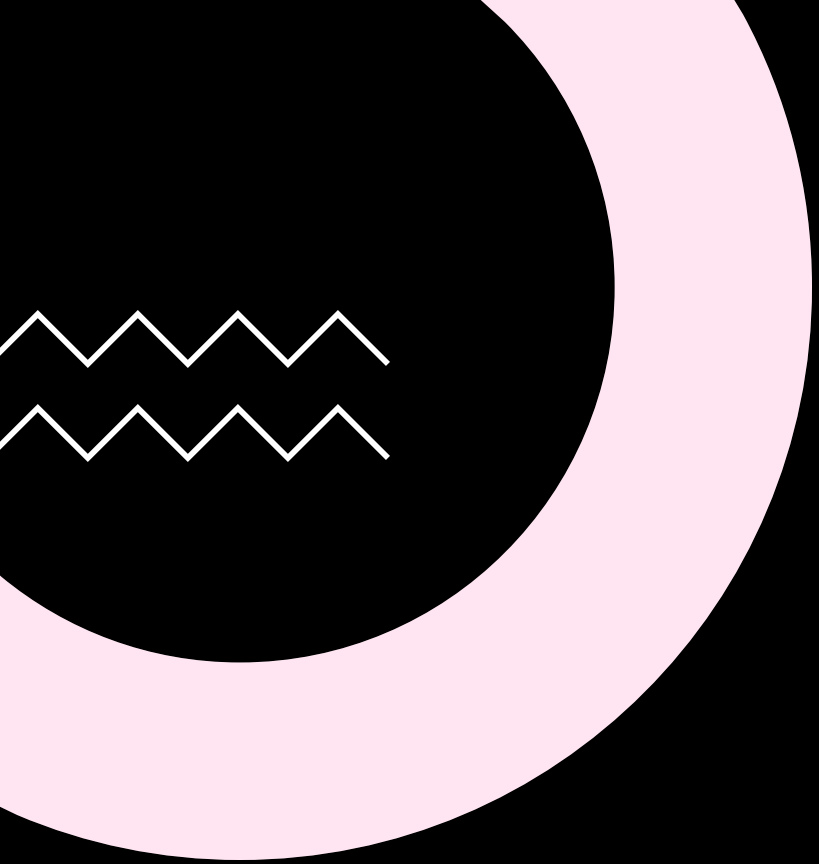
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- Studying is a process of devoting time to understanding concepts usually in an academic scenario.
    1. An Example of studying would be learning math formulas for your calculus class.

What is Studying?

# The Do's and Misconceptions of Studying

## Misconceptions

Reading is NOT Studying- You have to do more than just read to get a better understanding of the materials. There are more effective options that engages you deeper in the content then just reading.

More time studying does NOT directly = better results- This is false because someone can spend 8 hours at the library, but only have 2 hours of deep study.

## Do's

Active Recall, Time management, Pomodoro Technique, and Feynman Technique.

(Something to keep in mind)

If you constantly do positive studying methods and stay away from the negative habits, then you will

# Active Recall

1. Take notes
2. Look away from your notes and try to explain the concepts to yourself (this will establish a foundation in your knowledge)
3. Struggling is a part of the Process
4. Repeat at different time intervals

Bonus Tips- Using Flashcards can trigger your active recall
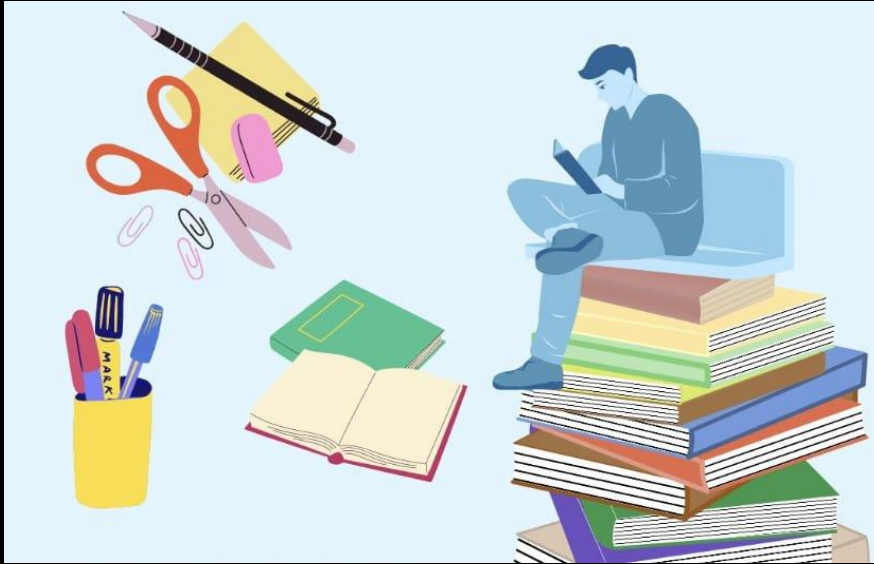
# Time Management.

Time Management is essential because you can track and organize your time to maximize your studying productivity.

You can start by planning your study times and assignment due dates. Time management paired with the Pomodoro technique is also very effective.

THE **POMODORO** TECHNIQUE

**DECIDE** ON THE TASK TO BE DONE
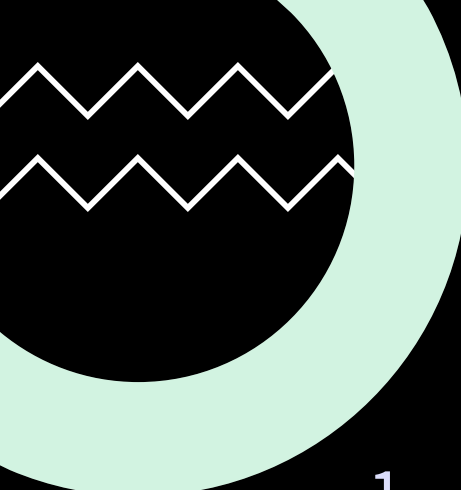
**SET THE TIMER** TO 25 MINUTES

**WORK** ON THE TASK UNTIL THE TIMER RINGS

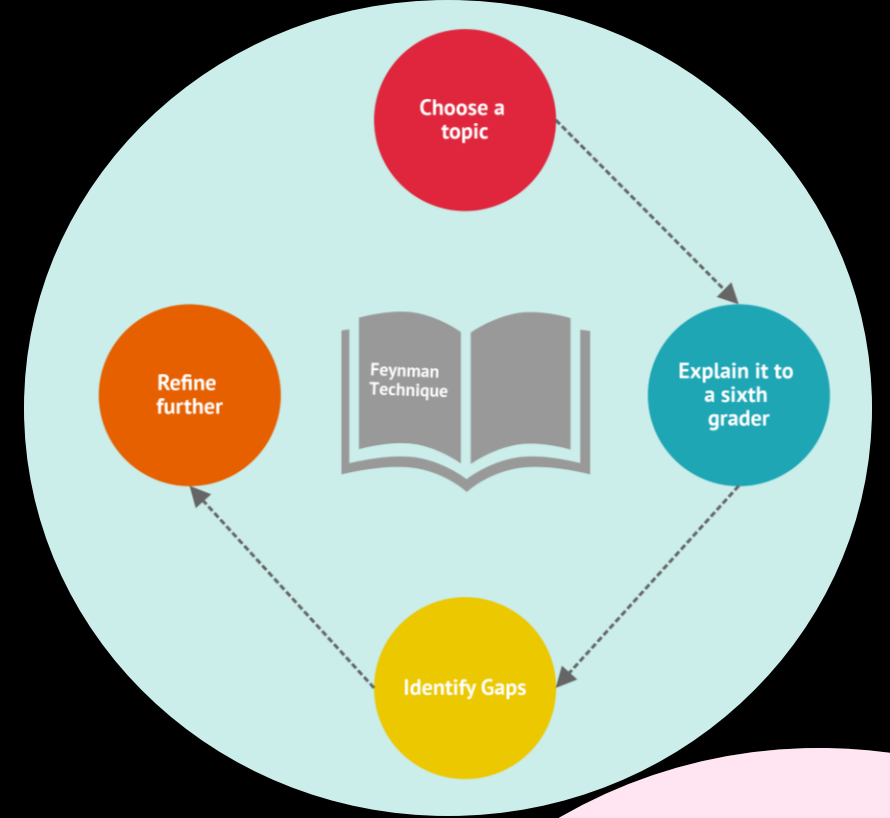TAKE A SHORT **5 MINUTE BREAK**

TAKE A **15-30 MINUTE BREAK**

# Feynman Technique

1. Do research on a topic to establish a basic understanding.

2. Try teaching the topic in a simplified form.

3. Notice the flaws in your own understanding.

4. Revision until satisfied.

# CONCLUSION

OVERALL, WITH THESE TIPS I HOPE YOU GUYS ARE ABLE TO CONSTRUCT YOUR OWN STUDYING HABITS/ROUTINES!