

# Study Techniques for Academic Success

Effective studying is a skill that can be learned and improved over time. This guide presents research-backed study techniques.

Spaced repetition is a learning technique that involves reviewing material at increasing intervals. Instead of cramming all at once, space your study sessions over time.

Active recall involves actively stimulating memory during the learning process. Instead of passively reading notes, test yourself on the material.

The Pomodoro Technique is a time management method that uses a timer to break work into intervals, traditionally 25 minutes in length, separated by short breaks.

Mind mapping is a visual organization technique that helps connect ideas and concepts.

The Feynman Technique involves explaining concepts in simple terms as if teaching a child.