

EFFECTIVE STUDY METHODS

- CONCENTRATE ON THOROUGHNESS VS. SPEED
 - Don't pursue fast study; foster thorough study.
 - Take whatever you consider to be a thorough method, and add more effort to that.
- ALLOT (SET ASIDE) REGULAR STUDY TIMES
 - Take account of your regular daily schedule and block out time when you WILL be attempting to learn the content.
 - Guard your study time religiously; be polite, but don't let anyone or anything distract you during your scheduled study hours.
 - **NB:** Your worst enemy will be yourself.
- DON'T BE AFRAID OF WASTING TIME

- No effort in the pursuit of learning is fruitless; learn from a misguided or failed attempt and rework your strategy.
- TAKE CONTROL OF YOUR LEARNING ENVIRONMENT
 - Develop a concentrated focus during your study periods, as if you were running a race; during this time only permit the stimuli that will encourage concentration.
 - AUDITORY: Use soundtracks that block out the sounds around you, even the chatter/noise of your own mind. Don't listen to your favorite music; listen to low-effort instrumental music, ambient tracks, folk music, brown noise, etc. If you can't study to sound, use a combination of expanding foam ear plugs and job-site ear protectors.
 - VISUAL: Study in a location that is well-lit and relatively free from distractions

- PHYSICAL: Make yourself as comfortable as you can to endure the study session, but no more. Don't study in bed, or on a comfortable couch. The best positions for learning are either sitting at a desk, or standing.
- FOOD: Don't eat during your study sessions, only allow liquids.
- DEVELOP A CONSISTENT LEARNING PATTERN
 - ΓΝΩΘΙ ΣΑΥΤΟΝ (GNOTHI SAUTON) - KNOW THYSELF
 - Learn in a manner that suits you; don't slavishly adopt a method, even this one
 - Establish a note taking method that you use universally for all subjects
 - Create a universal color-coding scheme (if you are a visual learner) that you use across all subjects
 - Use a memory system, but stick with the same method or a close derivation, at least during the duration of your time with the particular subject

- Be creative in your learning methods; don't be afraid of looking or sounding the fool. Only the fool learns.
- BE RIGOROUS WITH YOUR TEACHERS AND LEARNING RESOURCES
 - Be respectful and humble, but maintain constant dialog and interaction with your instructors; don't follow quietly.
- LEARN TO TALK WITH YOURSELF
 - Become comfortable with maintaining an inner coherent dialog about the subject matter. Repeat definitions and ideas to yourself (out loud is preferable) in order to get the sounds of the ideas in your ears and brain.