

# Studying Notes

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## Mantras

- Repetition is the mother of learning.
- Study in chunks
- Have a dedicated study space
- Quality over quantity
- Understand before memorizing

## Study Zone

- Disable all notifications
  - Distractions will tank your efficiency
- Set a goal for each study session
- Be aware of focus dips

## Daily Schedule

- Will be different for different people

## Passive vs Active memory

- Active recall
- VS Passively re going over shit

This could be done using spaced repetition software.

## Facts vs Concepts

- Concepts stay with us forever.
  - Put them in your own words.
- Facts are forgotten.
  - Use mneumonics
  - Acronyms
  - Coined sayings
  - Image assosiations

## Studying from a textbook

### Steps when reading a chapter

1. Flip through each page.
2. Read end of chapter quiz(if it exists).

3. Read bold print.
4. First and last sentence of every paragraph.
5. Then Read

## **Studying from power-points**

1. Read through it first.
2. Then watch lecture.