[Study Smarter, Not Harder | Kiki Fan | TEDxKerrisdaleLive - YouTube](https://www.youtube.com/watch?v=BRTqeAEga5E&ab_channel=TEDxTalks)

I. Outline:

Main Topic: How to study effectively?

1. Main point 1:

+ Details: Example/ Explanation/ Statistics

Study less 🡪 no one want study than their need

Create condition, right technique 🡪 fully prepared, enough test will improve confidence and outlook

7pm 🡪 just have dinner, finish class, ideal time to learn but everyday is different 🡪 not organized, not enough sleep… other day with bad mood 🡪 Schedule is good technique

2. Main point 2:

+ Details: Example/ Explanation/ Statistics

How to study also effect leaning efficiency, flat surface with a chair, untidy, no megazine, mobile device 🡪 good place to study, no snack

Cant focus when hungry- 🡪 good if have some fruits

Spend 5 min to prepare to learn 🡪 make yourself more focus

Sibling playing, mom cooking 🡪 you can play ambient sound, breakdown yourself

3. Main point 3:

+ Details: Example/ Explanation/ Statistics

Depend on many people, there are many way for learning for each person. 🡪 listening to music or no sound

Listening to music somehow boost your mood when studying

Create a habit everyday

II. Summary:

Do not spend full time on studying, less time for study lead you to can spend more time on such family, friends… If you don’t like studying, don’t worry, just focus the strategies and spend less time studying

[How to stay calm when you know you'll be stressed | Daniel Levitin - YouTube](https://www.youtube.com/watch?v=8jPQjjsBbIc&ab_channel=TED)

I. Outline:

Main Topic: How to stay calm when you know you'll be stressed

1. Main point 1:

+ Details: Example/ Explanation/ Statistics

2. Main point 2:

+ Details: Example/ Explanation/ Statistics

Take drugs

3. Main point 3:

+ Details: Example/ Explanation/ Statistics

II. Summary:

[The benefits of a good night's sleep - Shai MarcuI.](https://www.youtube.com/watch?v=gedoSfZvBgE)

Outline:

Main Topic: The benefits of a good night's sleep

1. Main point 1:

+ Details: Example/ Explanation/ Statistics

Many people think waste of time, less care, misunderstadning, only rest when work is done 🡪 slep help pp stable

Sleep crucial for brain, memory, restructuring, blood,

2. Main point 2:

+ Details: Example/ Explanation/ Statistics

40% of material will forget 20min, it can be prevented when short mem to long mem 🡪 Happen in hippocampus main part of brain

Repeat can form long term mem

3. Main point 3:

+ Details: Example/ Explanation/ Statistics

Spleep form new electon nerve, strenthen and enhance link, short to long term mem

More attention, memory form emotion easily

Slepep contain 4 stage, 2 final stage is deep sleep

II. Summary:

Going sleep 3hrs after mem, 1h after scale idea, sleep will make you better in another day

What causes insomnia? - Dan Kwartler

I. Outline:

Main Topic: What causes insomnia?

1. Main point 1:

+ Details: Example/ Explanation/ Statistics

2. Main point 2:

+ Details: Example/ Explanation/ Statistics

3. Main point 3:

+ Details: Example/ Explanation/ Statistics

II. Summary: