

# Increasing Information Retention

*A Guide for Students*

# Active Learning

- Engage with the material actively
- Summarize, teach others, apply in projects

# Spaced Repetition

- Space out study sessions
- Leverages psychological spacing effect

# Practical Application

- Apply knowledge to real-world scenarios
- Write code, contribute to projects

# Teach Others

- Explain concepts to peers
- Reinforces your own understanding

# Regular Review

- Revisit notes, practice exercises
- Helps consolidate learning

# Healthy Lifestyle

- Ensure adequate sleep, exercise, and diet
- Direct impact on cognitive functions

# Mindfulness and Focus

- Practice undivided attention
- Minimize distractions during study



# Self-Testing

- Use quizzes, flashcards for regular testing
- Identifies areas for improvement

# Thank You!

*Stay Curious and Keep Learning*