

Study Less, Study Smart

Notes

My notes on "Study Less, Study Smart", a talk by Marty Lobdell. - *Jugurtha Hadjar*

1. Split the session to chunks. One hour, 5 min break.
2. Create a study area, a place for work and work only.
3. More active learning is more effective learning.

- Know what you're learning: **fact** or **concept**.
 - Fact: A bone's name.
 - Concept: What does it do, how does it fit.
 - Concepts stick better than facts.
 - Get the concepts first, then facts.
 - In your own words or you don't know it.
- Make it meaningful, relate it to what you know
 - Meaningful: relate-able to what you know
 - Meaningless: not.
 - If it's brand new, find a way to relate it.
- Teaching is a great way to learn:
 - Teaching makes your gaps gaping.
 - If you can't explain it, go understand it.
 - Teach a chair or yourself if you have to.
 - Active Recitation: 80%. Reading: 20%

4. Study groups are underutilized.

5. Recall vs. Recognition:

- Don't confuse them.
- If you need a visual cue, it's recognition.
- Recall is without any help. Like in a test.

6. Sleep better to learn better.

- Everyone has 162 hour weeks. Prioritize.

7. Taking notes is important:

- Jot down and expand right after lecture.
- Fill gaps asking classmate or teacher.
- Do it while it's still fresh in your mind.

8. Using Textbooks:

- SQ3R:
 - Survey.
 - Question
 - Read
 - Recite.
 - Review.

To learn facts, use mnemonics:

1. Acronyms.
2. Coined Sayings.
3. Interacting Images. (NB: Best according to him)
 - Afferent vs. Efferent?
 - Max interference for similar but not the same.
 - Find way to differentiate.
 - SAME: Sensory Afferent Muscles Efferent.
 - RADEO: Right Atrium DEoxygenated.