https://www.youtube.com/watch?v=IlU-zDU6aQ0

I tried to summarize the whole lecture, and I'm really sorry if I made any mistake.

I hope it helps you:

1. Break it up into small chunks and reinforce it.

Find out what is funny to do during short breaks, and what is a great reward at the end of the consecutive studying hours.

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2. Create a study area.

Turn your table and chair to make your bed behind you, so that you don't look at it and remember sleeping.

Try studying at some study café.

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3. The more active you are in your learning, the more effective.

The way to learn effectively is first you have to decide what you are learning: facts or concepts?

Understanding the name of a bone is a fact, but understanding what it does in the body is a concept.

If it's a fact use Google, references... etc.

Concepts are more important.

Learning only the facts is a waste of time, for example, I remember the lyrics of thousands of songs but do I know what are those songs about?

I don't know what is 90% of the songs are about.

Can you put the concept in your own words?

If you can't; you don't really understand it. It's not meaningful to you, and to make it meaningful is a struggle that you need to do, or you're wasting your study time.

Take the time to discover the meaning of it.

What is the meaning of meaning?

A meaningful piece is a piece that relates to something you already know. Ex: a file system, that you've already established, you add a new entry to it so it's all neatly organized, and it's very easy if you got a file system to add a new entry.

A meaningless piece is a piece that does not relate to something you already know. So, how should you understand something brand new?

You have to create a new entry. You should break it down.

Tips of advice:

A. Study groups are powerful & great.

B. Read the whole thing (ex: 4 paragraphs) & then get back and read and understand the 1st paragraph again, one by one.

C. Sleep well, have a good rest for your memory.

D. Write notes during the class, and right after the class; sit down with your notes and expand on everything you wrote down, give it depth. If you want to do it after 2 hours you will have forgotten some of your own notes.

E. Look for classmates and ask them for help.

F. Active Recitation: The best way to learn is to teach somebody else. If there's no one, teach an empty chair, or write it out.

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4. How to use textbooks?

Use "SQ3Rs": Survey, Question, Read, Recite, Review.

Survey: a textbook is not a novel, so you can go through the entire chapter and survey it.

Question: you raise questions as you go through the survey, ex: what is X here? , what is Y..?...etc.

Read & Recite mentioned before.

Review: give yourself enough time to review what you've studied. We usually make a mistake when we start studying shortly before the exams which leaves us with NO time to review what we've studied.

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5. Acronyms and interacting images.

Acronyms help you remember and memorize facts, terms, and idioms.

Interacting images help you understand and also connect things together and memorize facts.