

STUDYING

HABITS

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A **studying habit** is how a student learns and accomplish a task consistently and habitually. Recognizing your studying habit is important since it enhances your learning experience and it makes it simpler for the student to comprehend or understand what they're learning. It allows them to learn with ease and comfort.

I'd like to introduce you to the **Active Recall** method. **Active recall** is far better for most students than passive. **Passive recall** involves simply reading your notes and book. **Active recall** refers to your efforts to actively remember or recall the information you have learned. It's basically like testing yourself to check if you know the answer or not.



BENEFITS OF ACTIVE RECALL METHOD:

- Helps to remember things better
- It doesn't waste your time
- Improves your grades

Active Recall involves making flashcards and small tests, whiteboard recall, pretending to teach someone, blurting, etc.

REMEMBER!!

- Do not overwork yourself, take a break after each session.
- Make sure to make your studying sessions fun and to your liking because lack of interest is one of the reasons we have trouble remembering what we have read.
- Make a to-do list and a study schedule.
- Set goals for yourself, it'll give you motivation.
- Advance study.

Another method that goes well with Active Recall is **Spaced Repetition**, this method helps you reduce or end your procrastination and cramming. It is because you divide your learning sessions into increasing intervals. It helps feed your mind information by dividing your time into specific days, making information easier to remember.

OTHER METHODS I RECOMMEND:

- Pomodoro
- PQ4R



It is important to take a break after each studying session or studying in general because this is where we get energy from. When we overwork, our mind and mental state get exhausted, causing us to have no motivation to study.