

Studying LESS but SMART: How do you know you know?!

Name: _____

1. _____

BUT: Don't just leave it there. As soon as class is over, **expand**. Add details you remember, and your own thoughts/questions.

2. _____

Something simple you could use: _____

3. _____

_____ : Study

_____ : Break

4. _____

What am I learning? Is it a concept or a fact?

Fact: _____

Concept: _____

Why are concepts so important? (Why is knowing **just** the facts "useless learning"?)

5. _____

6. _____

All-nighters? _____

7. _____

Treat Yourself! What's a 5 minute reward you would enjoy after 30 minutes of effective study?

8. **SQRRR**

_____ : Do an overview of the chapter.

_____ : As you do your overview, ask questions. This **causes** you to look for answers.

_____ : Do a proper read-through, looking for the answers to your questions.

_____ : Review out loud, in your own words.

_____ : Test-time shouldn't be time for mostly new learning!

9. _____

Not only will you learn something more deeply if you know you have to teach it, but trying to teach something is an easy way to figure out what you don't know! Teaching helps us organise information in our brains.

Something You Have Taught: _____

10. _____

A Mnemonic You Know: _____