

How to Study Effectively

HERE ARE 5 WAYS TO IMPROVE YOUR STUDY SKILLS

1.) METHOD OF LOCI



Our brains are amazing things, so really utilise them to the max! Associate existing knowledge with new knowledge. Go around your room associating different parts with a topic you're trying to revise. For example, to remember parts of the brain and what they do, it could go like this: "frontal lobe = door = thinking and decision making", "parietal lobe = chest of drawers = somatosensory area = sensory sensations like pain/pressure"

2.) MIND MAPS

One subtopic per mind map is best, each subtopic can likely be broken to at least 3 further areas - keep notes short. It is better to use A3 paper and keep all your mind maps in an A3 display folder that you can flick through



3.) FLASH CARDS

Really condensed notes here. Keyword or concept on one side and short description on the other. Lay out all flash cards on your table/bed and pick them at random - try to remember what's on the other side!



4.) TEACH THE TOPIC

If you can teach the topic to someone else, then you've learned it well. At the very least, you could record yourself reading out your mind maps and act as though you're explaining the topic to someone



5.) BLURT!

Write out everything you know about a topic in one colour, then with a second colour fill in the gaps of your knowledge with the help of your book to really see what you need to revise



USE A COMBINATION OF ALL TECHNIQUES

For example, you can easily combine flashcards and mind maps with the method of loci. Keep revising and keep variety to keep your brain engaged. Go beyond mere recognition - really try to actively recall information