

## Studying: A Short Summary

- Study sessions should not exceed 25 minutes without taking a 5 minutes break. Breaks can be taken without leaving your study room. These short breaks are important to keep "recall" of what you are learning at 75% to 100%. After 4 sessions it is advisable to leave your study room for a 30 minute break. A walk or some form of exercise or relaxation is better than watching television for this break.
- You have your notes on single pages which with continuous review they will become embedded in your memory. All books are filled with over 95 % of padding. Your notes should contain all keys points with no padding. When it comes to padding in the exam your padding is as good as any authors.
- Once you have completed some study of an area or question it will only take a few minutes to review. Remember if you review an item within 1 hour and again within 24 hours, then within 1 week, then within 1 month then recall will be kept at a high level.
- Remember the more imaginative, creative, and colourful your notes the better. In many ways the more childish in a creative manner the better and the easier it is to remember them. By simply writing ordinary notes using different colours you will remember 30% more.
- Before sitting try a relaxation exercise. By playing soft classical type music in the back ground to smooth your brain cells you can retain 30% more than studying in silence. Hard rock , dance, rave type music which goes against our brain waves will result in a student retaining 30 % less i.e. 60 % difference from soft music.
- None of the above will come without the student's determination to achieve. You must set yourself goals to achieve and set about achieving these in an organised fashion. Remember the purpose of the above is to reduce study by half and to increase memory recall at least 300%.

### **STUDY METHOD**

#### **SCAN**

Read quickly over material to be studied.  
What is important in this passage?

#### **STUDY**

Read carefully  
Highlight important facts  
Ask yourself questions / Test yourself

#### **ANSWER**

Check your answers with the passage  
Add any important facts you have omitted

#### **MEMORY AID**

Diagrams  
Webbing  
Mnemonics  
Cartoons