

LEARNING EFFECTIVELY

THINK ABOUT HOW YOU ARE GOING TO PREPARE

SEPARATE AREAS FOR WORK AND REST

- Study in a library, cafe or designated place, but not in the bed or where you watch TV series/ play.

PREPARE FOR THE EXAM IN ADVANCE

- Have a course description – it will give you a sense of the topics that have to be prepared for the exam and help you to prepare.
- Take notes using your own words – in this way you will develop better understanding of the subject.
- Think about what was interesting that you have learned from the topic.
- We learn best by teaching others, so try to tell a friend about the subject, mark what was hard to explain, what you forgot to explain, what your friend failed to understand. Check if you made any mistakes while teaching your friend. If that happens, fill in the knowledge gaps.
- For self-testing use flash cards that have questions on one side and answers on the other.

LEARN BY 30 MIN INTERVALS

- Decide what topic you are going to learn.
- Set the timer for 25 minutes.
- Stop working when the alarm rings.
- Take a break for 3–5 minutes and go back to learning.
- After four intervals, take a longer 15–30 minutes break.
- Go back to the first step and start from the beginning.

REST AND REWARD YOURSELF

- Sleep at least for 8 hours during the night. You have to sleep even more if your studies are very intense.
- Take a break from your computer, go for a walk, drink a glass of water, meditate, or reward yourself in any other way.

