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Study techniques

Different study techniques

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1) Active Recall

Actively testing yourself is the key to science & maths!

- Involves actively testing yourself on the material instead of passively reviewing it.
- Example: Cover your notes and try to recall key points or answer practice questions.

2) Spaced Repetition

- Reviewing information at increasing intervals over time to improve retention.
- Example: Using flashcards and apps like Anki to review material periodically.

3) The Feynman Technique

This is fantastic

- Simplifying concepts by explaining them as if teaching a child.
- Example: Write down a concept, explain it in simple terms, and refine it as needed.

4) The Pomodoro Technique

- Breaking study sessions into short, focused intervals (e.g., 25 minutes) with short breaks.
- Example: Study for 25 minutes, take a 5-minute break, repeat.

5) The SQ3R Method

- A structured reading strategy: Survey, Question, Read, Recite, Review.
- Example: Skim a chapter (Survey), create questions, read actively, summarize key points, and review later.

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6) Interleaving

I wouldn't recommend this

- Mixing up different topics or subjects while studying instead of focusing on one at a time.
- Example: Studying math, then science, then history instead of doing all math problems at once.

7) Mind Mapping

- Creating a visual representation of information using branches and connections.
- Example: Drawing a central topic and linking subtopics around it to show relationships.

8) Note-Taking Methods

This works great for Science

- Cornell Method: Dividing notes into main points, details, and a summary.
- Outline Method: Structuring notes hierarchically.
- Mapping Method: Using diagrams and connections.

9) Mnemonics and Acronyms

I use this to remember formulae that is not on the formula sheet

- Using memory aids to recall information.
- Example: BEDMAS for the order of operations in math (Parentheses, Exponents, etc.).

10) Elaborative Interrogation

- Asking "Why?" to deepen understanding.
- Example: Instead of memorizing a fact, ask why it's true and connect it to existing knowledge.

11) Dual Coding

- Combining words and visuals to enhance learning.
- Example: Studying a diagram alongside text rather than just reading or just looking at an image.

12) Self-Explanation

This is what works best for me!

- Explaining concepts aloud to reinforce understanding.
- Example: Talking through a math problem step by step.

13) Chunking

- Breaking large pieces of information into smaller, more manageable parts.
- Example: Memorizing a long number by grouping digits (e.g., 14921776 → 1492, 1776).

14) The Leitner System

This is great for learning definitions!

- A flashcard-based spaced repetition technique.
- Example: Moving cards to different boxes based on correctness (reviewing difficult ones more often).

15) Practice Testing

This is Excellent for Maths & Science!

- Taking quizzes or practice exams to test knowledge before the actual exam.
- Example: Using past papers or online test banks