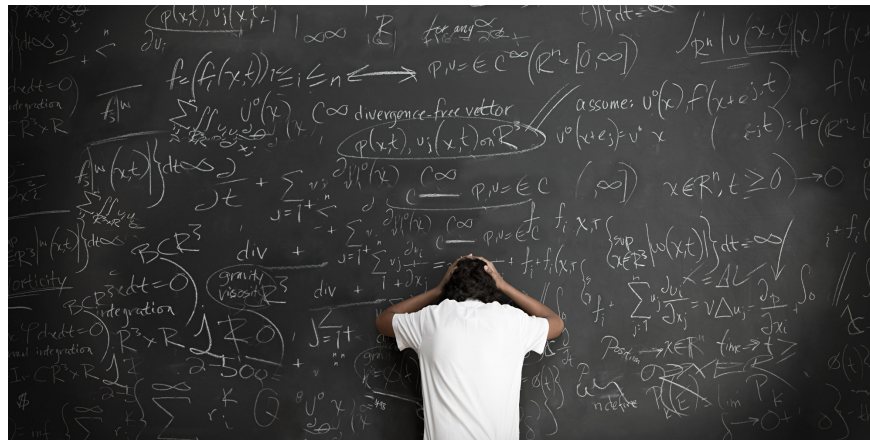


5 effective study habits need to start today

The following study habits will make things simpler and eliminate stress from your life. Whether you need to improve your academic performance, reduce stress, or simply want some new ideas, start practicing the five learning habits below.

With tests, essays and projects and overlapping deadlines, effective study habits are extremely important to help you stay away from stress at school. The following study habits will make things simpler and eliminate stress from your life. Whether you need to improve your academic performance, reduce stress, or simply want some new ideas, start practicing the five learning habits below.



1. Use Flashcard

Flashcard designed to stimulate the ability to recall information. With one side being the question with one side being the answer or the definition, the flashcard user will force the brain to recall the necessary information. Even if you struggle a lot when using these cards, this way of learning still helps you review the necessary knowledge.

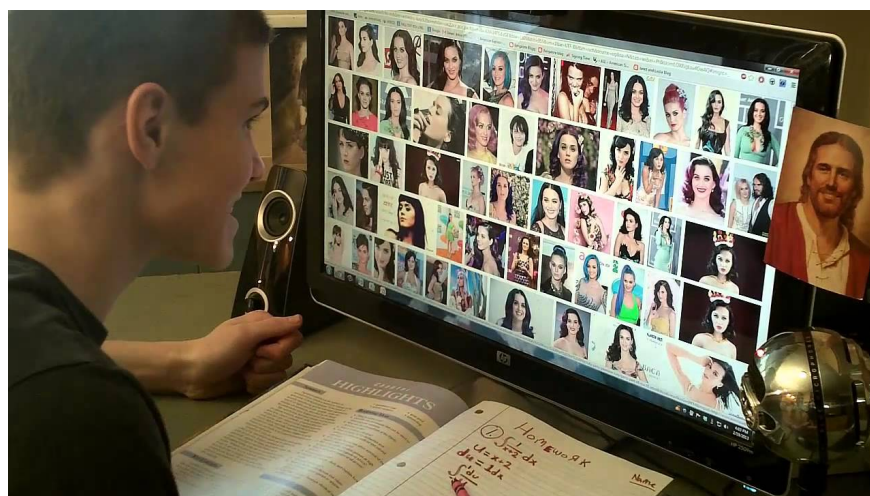
One of the reasons why flashcard learning is so effective is because they utilize the **"repeating interval" learning technique** (a way of repeating the knowledge over time). This technique is increasingly proven to be an effective way to **strengthen memory and increase the ability to recall information**. By evoking the knowledge with increasing intervals, learners will be able to recall information faster and easier.

Choose a main keyword and turn it into a story, making sure you can explain it clearly to anyone who has never heard the word, no matter how complicated it is. For example, if you are learning about the industrial revolution, write a story to explain events and concepts to anyone who has never heard of it. Although this may sound silly and boring, it is a very effective way to review knowledge and look at it from a different angle. This creates new connections and gives the brain a way to interpret visual information, which makes it easier to remember.

Finally, use **the keyword list** . Choose a main word for the topic you are studying, then reduce to smaller topics with only 1 word. Please learn this list used in conjunction with the above methods, especially flashcard. When it comes to the exam, write down the keyword list, which will make it easy for you to recall topics and small topics, provide a set of reference frames when you don't remember anything at all.

3. View lectures and related videos

One of the most effective learning methods and also the most fun is watching lectures and related videos to complement the lesson. **Documentary videos or videos on YouTube and learning websites** can surprise you what you have learned and the amount of information that the Internet world brings. You can also download and stream podcasts on related topics. Depending on the topic you are studying, you will find them useful and also very interesting.



4. Design exercises based on old tests

Keep the tests, assignments, and handouts that teachers give. They not only tell you about your academic achievements but also tell you the strengths and points you need to overcome in that subject. Through these documents, you can also know the test format, question structure and more or less predict the tricky in True / False questions. (trick questions, details)

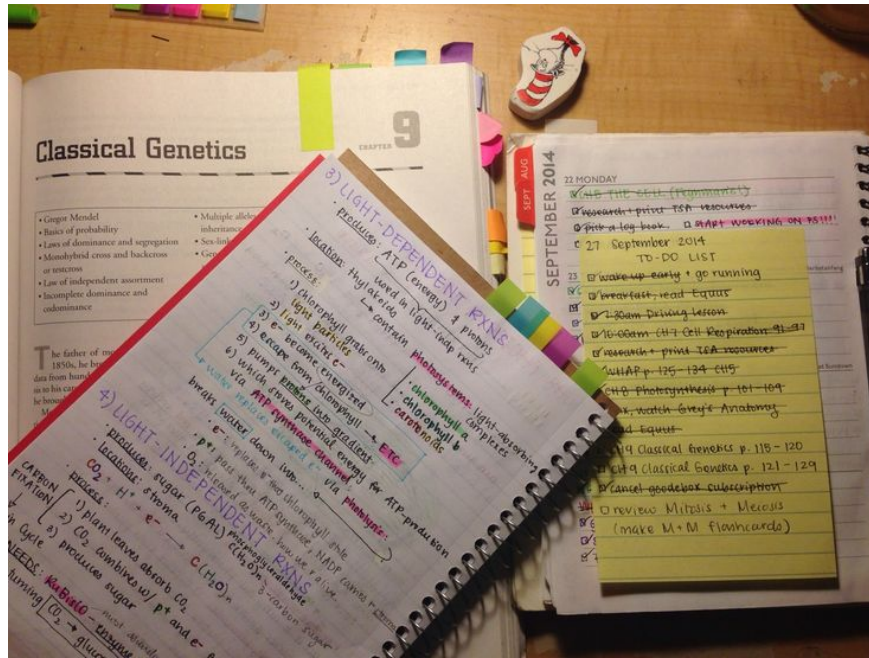


Based on the graded tests, design new assignments, including the ones you answered correctly and the ones you answered incorrectly (focusing on the wrong sentences more). In this way, you will know your weaknesses and work with it more, thus less stress and more prepared feeling when the exam comes.

5. Rewrite the note

Research shows that **writing information by hand to paper** helps to improve memory. This makes remembering the knowledge in parallel with remembering the activity and you can imagine what you wrote when checking.

One of the best ways is to prepare lessons before class. Before class, review the important points, take notes from the previous lesson, the homework you did. Just before class starts, take a look at the notes to learn through the new lesson content that will continue from the previous lesson. In this way, you will focus on the lecture and absorb the information instead of having to check the book when the lesson is over.



When writing notes, **write in your own words** instead of writing what the teacher teaches without thinking at all. This will help capture and keep information better. After the lesson, rewriting them in a more organized way is also a way to review knowledge and make sure you have a general note to review later. When reading notes, summarize them in sections, summarize your language, showing that you really understand the problem. It also helps learners to understand the gaps they still don't understand.

Use **outline format** with **bullet** points, numbering or backtracking to create a hierarchical relationship between items, making them more obvious. Don't forget to make space between lines so that you can read it later.

The Cornell method is also very effective, especially when you summarize at the bottom of the page. Fold the paper to have a wide right column and a smaller column on the left. On the right, write down the information and definitions that are relevant to the lesson. On the left, write the questions about the information on the right, which is also where you write the terms you use the right information to explain. At the bottom of the page, write a summary of the information above. The next time you study, you can cover the right column and turn notes into a useful post preparation tool.

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