

Tips on How to Learn Smarter

Most of the students work alongside studying, and they don't have all the time in the world to prepare for a test or an exam. Even if you are a full-time student, being glued to your textbooks, notes, and lectures can be quite draining and may slow down the learning process.

Although some students struggle with a few subjects and waste too much time figuring out those difficult concepts, you can always search for that particular topic on the internet or look for a professional tutor. For example, if you live in Adelaide, and you're finding it almost impossible to prepare for your mathematics exam, you can always connect with expert maths tutors Adelaide.

With that being said, we have mentioned a few effective tips in this article that can help you study smarter and faster instead of harder right at your home. Keep reading!

Picture 1 of Tips on How to Learn Smarter

1. Make Handwritten Study Notes

Although writing study notes may seem like a very long, tedious process, it will definitely help you memorize better and faster. If you're one of those who prefer typing notes on your laptop, this may lead to other distractions, and you will simply be wasting your time.

While you study for a subject, make sure to write down a summary or a few important points that will help with your learning process a day before the exam, so you can ace your exam.

2. Get Rid of the Screen

All the study notes and online articles you have saved on your desktop or laptop, it's time to get a hard copy of them if you want to save your extra time.

Studying on screen can strain your eyes, and it can also slow down your reading and learning skills. Therefore, studying with paper notes will not only help you highlight the most essential parts of a topic but will also help you stay on track.

3. Know Which Studying Time Works Best for You

Some students are able to absorb information better in the morning or afternoon instead of late at night and vice versa. Therefore, it's all about your preference, and you should see for yourself as to what time works best for you, i.e., at what time of the day your brain is more active.

Another thing to consider is also the distractions during a certain time of the day. If you can't study with any noise in the background and afternoons are one of them, you should try switching to early morning or night.

4. Take Short Breaks

If you sit down to learn a topic for hours and hours, you will be overloading your brain with tons of information, and it will stop processing it after a while.

Hence, it's important to take a break in between your studying sessions. It's usually best to get up and take a little trip to drink water or simply walk a few steps after 30 minutes of continuous studying to get your brain back on track.

5. Don't Ignore Your Physical Health

Your intentions to study hard to ace a test may make you completely ignore your physical health such as healthy food, exercise, and sleep. If you're sleep-deprived, your brain's memory will slow down drastically and this will affect your cognitive skills.

In case you don't eat nutritious food such as fruits and vegetables and instead binge on unhealthy, fast food, you will feel lethargic and inactive. Likewise, an inactive lifestyle will make you more prone to illnesses.

Hence, you should never give up on your physical health for the sake of studying harder. You should try to balance both in order to learn smarter and faster.

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