How to study

Study in short bursts, 3 to 10 minutes at a time. Chunking study time like this allows for more beginnings and endings, the time from which students will retain the most information.

Studying should be a daily activity, repetition of information everyday will help move the learning into the long term memory.

Studying can be done a few different ways:

1. Rereading notes from class
2. Recopying notes from class, say them aloud as you write.
3. Retell the notes in your own words. (teach the topic to someone else)
4. Read a book on the topic.
5. Watch a video on the topic.
6. Make and take a practice quiz.