

Effective Study Habits

Learning is an important skill. Remembering what you learn is even more important. In the past, what did people do to memorize new facts? They read the facts over and over again.

Before an important test,

students “crammed.” They studied for many hours. They didn’t take breaks. Today, many people understand that this method is not very effective. It’s better to use several different methods to study. These methods include spaced repetition, making personal connections, and self-testing.

Spaced Repetition

When people space out their studying over time, they remember more. Students should take breaks between study sessions. They should spread out the sessions over a long period of time. They should also start studying right after they learn a new fact. They shouldn’t wait until right before a test. That way, they can remember more. This is true even when they study for fewer hours. This method is called “spaced repetition.”



a flashcard

Making Personal Connections

Making personal connections is another effective way to study. People can remember new concepts when they connect those concepts to their own lives. Here’s an example. In an English class, students learn how to ask, “Where is the post office?” Then they go out. They ask people on the street where another place is. Students write down the directions. Then they walk to the place. They remember the phrase better because they use it in real life.

Self-Testing

Students should test themselves when they study. It’s one of the best ways to study. When students test themselves, they find out what they know. They also find out what they don’t know. They should do this right after they learn something new. Then they should keep testing themselves until they really remember what they learned. There are different ways to test yourself. You can ask a classmate to test you. You can use flashcards. You can practice on the computer.

Spaced repetition, making personal connections, and self-testing are all effective study methods. They will help you remember what you learn.