

HOW TO STUDY EFFECTIVELY

- I. Interactive lecture.**
- II. Discussion questions**
- III. Responding to quotes**
- IV. Video and follow-up questions**
- IV. Summary and takeaways**

I. INTERACTIVE LECTURE.

- Effective studying is essential for academic success.
- Here are seven points that can help you study more effectively:

1. Create a Dedicated Study Space:

- Designate a quiet and comfortable space specifically for studying.
- Ensure the area is free from distractions like TV, social media, or excessive noise.
- Having a consistent study environment helps signal to the brain that it's time to focus.

2. Set Clear Goals:

- Break down study sessions into specific, manageable goals.
- Clearly define what needs to be accomplished during each session.
- Goal-setting provides direction and a sense of accomplishment.

3. Use Active Learning Techniques:

- Engage with the material actively by taking notes, summarizing information, or teaching concepts to someone else.
- Create flashcards, mind maps, or diagrams to reinforce understanding.
- Active learning promotes better retention and understanding.

4. Practice Retrieval:

- Quiz yourself on the material regularly to reinforce memory.
- Test your understanding by recalling key concepts without looking at your notes.
- Retrieval practice enhances long-term retention of information.

5. Manage Time Effectively:

- Break study sessions into focused intervals (e.g., Pomodoro technique – 25 minutes of focused study, followed by a 5-minute break).
- Prioritize tasks and allocate time wisely to avoid last-minute cramming.
- Use a planner or digital tools to organize study schedules and deadlines.

6. Stay Organized:

- Keep study materials, notes, and resources well-organized.
- Use folders, binders, or digital apps to manage class materials efficiently.
- Organizational skills reduce stress and save time when studying.

7. Take Care of Well-Being:

- Ensure an adequate amount of sleep to support cognitive function and memory consolidation.
- Maintain a balanced diet and stay hydrated for optimal brain function.
- Incorporate physical activity to improve concentration and reduce stress.

I. DISCUSSION QUESTIONS

- Where do you usually study? How can you make this space better for focusing on your studies?
- How do you plan what to study each day? Can you share a goal you recently set for yourself?
- What ways do you like to learn the most? Do you prefer reading, listening, or doing something hands-on?
- How do you take breaks during study sessions? What activities help you relax and refresh your mind?

- What tricks do you use to remember things for tests? Can you share a method that works well for you?
- How do you keep your study materials organized? Do you use folders, notebooks, or digital tools?
- How much time do you spend on screens (phones, computers) while studying? Do you think it helps or distracts you?
- When you find something difficult to understand, what do you do? Do you ask friends, teachers, or family for help?

- What are some things you do to make sure you stay healthy and focused when studying?
- Can you think of a study session that went really well? What made it successful? How can you use that for future studying?

II. RESPONDING TO QUOTES

- “Success is the sum of small efforts, repeated day in and day out”. – Robert Collier
- “Don’t watch the clock; do what it does. Keep going”. – Sam Levenson
- “Your education is a dress rehearsal for a life that is yours to lead”. – Nora Ephron
- “Your time is limited, don’t waste it living someone else’s life”. – Steve Jobs

- “Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do”. – Pelé
- “The secret of getting ahead is getting started”. – Mark Twain
- “The only limit to our realization of tomorrow will be our doubts of today”. – Franklin D. Roosevelt
- “The beautiful thing about learning is that no one can take it away from you”. – B.B. King

- “Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential”. – John C. Maxwell
- “The expert in anything was once a beginner”. – Helen Hayes
- “It’s not about how bad you want it, it’s about how hard you’re willing to work for it”. – Unknown
- “Study the past if you want to define the future”. – Confucius
- “The more that you read, the more things you will know. The more that you learn, the more places you’ll go”. – Dr. Seuss

III. VIDEO AND FOLLOW-UP QUESTIONS

- Watch these videos and write down what you think is important.
- **3 tips on how to study effectively**
<https://www.youtube.com/watch?v=TjPFZaMe2yw>
- **How to study way more effectively I The Feynman Technique**
<https://www.youtube.com/watch?v=MIJdMr3O5J4&t=179s>
- **Scientifically Proven Best Ways to Study**
<https://www.youtube.com/watch?v=VJbKXmujI00>

IV. SUMMARY AND TAKEAWAYS

- Remember that effective studying is not solely about the quantity of time spent studying
- It is also about the quality of the study sessions.
- Tailor your study strategies to individual learning preferences.
- Adapting techniques based on what works best for you.
- Doing that can contribute to more effective and efficient study habits.

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