

Effective Study Methods

Pomodoro Technique

Work for 25 minutes, then take a 5-minute break. After four cycles, take a longer break of 15-30 minutes.

SQ3R Method

Survey, Question, Read, Recite, Review - a reading comprehension method to retain information better.

Mind Mapping

Use diagrams to visually organize information, connecting ideas around a central concept.

Feynman Technique

Explain a concept in simple terms as if teaching it to someone else. Identify gaps and review.

Spaced Repetition

Review material at increasing intervals to boost long-term memory retention.

Active Recall

Test yourself on the material rather than passively rereading or highlighting.

Study Groups

Collaborate with peers to discuss topics, quiz each other, and clarify doubts.

Mnemonic Devices

Use acronyms, rhymes, or associations to remember complex information.

Interleaving

Mix different subjects or topics during a study session to improve learning.

Note-Taking Systems

Use Cornell, Outline, or Mapping methods to organize your notes effectively.