

STUDY STRATEGIES

Brain-Friendly Study Strategies—sleep well, learn actively, review regularly, stay active, eat brain foods, manage stress, optimize your space, use tech wisely, collaborate, and break tasks into small steps!

1. PRIORITIZE SLEEP FOR MEMORY RETENSION

How to Apply:

- Get **7–9 hours** of sleep consistently.
- Avoid late-night cramming, it's better to sleep and review the next day.
- Take a **20-minute power nap** if needed, but avoid long naps that disrupt nighttime sleep.

Sleep strengthens memory consolidation and problem-solving abilities.



2. USE ACTIVE LEARNING TECHNIQUES

How to Apply:

- **Summarize out loud** as if you're teaching someone else.
- Use the **Feynman Technique**: Explain a concept in simple terms, identify gaps, and refine your understanding.
- **Transform notes** into diagrams, mind maps, or flashcards instead of rewriting them verbatim.



Reviewing over time prevents forgetting.

3. LEVERAGE SPACE REPETITION

How to Apply:

- **Use flashcard apps like Anki or Quizlet** to schedule review sessions.
- Follow the **1-3-7-14 Rule**: **Review notes after 1 day, 3 days, 7 days, and 14 days** to strengthen recall.
- Instead of cramming, review **a little each day** to build long-term memory.

4. MANAGE STRESS WITH MINDFULNESS

How to Apply:

- Start a study session with **5 minutes of deep breathing** or meditation.
- Use apps like Headspace or Calm for **guided mindfulness breaks**.
- If feeling overwhelmed, try a **“brain dump”**: write out worries, then refocus on studying.



**STRESS IMPAIRS
CONCENTRATION
AND MEMORY.**

5. BREAK TASKS INTO MANAGEABLE CHUNKS

How to Apply:

- Use the **Pomodoro Technique: 25-minute study, 5-minute break**, repeat 4 times.
- Break topics into **small, manageable parts**.
- Set clear, **achievable goals** (e.g., "Learn 5 key concepts in 45 minutes").



6. ENGAGE IN COLLABORATIVE LEARNING

How to Apply:

- Join or create **study groups** to quiz each other.
- **Teach a friend** or record yourself explaining a topic.
- **Ask professors or peers for clarification** on difficult topics.



**DISCUSSING CONCEPTS
IMPROVES RETENTION AND
UNDERSTANDING.**

**...USE YOUR RESOURCES
ALWAYS!**

STUDENT SUCCESS