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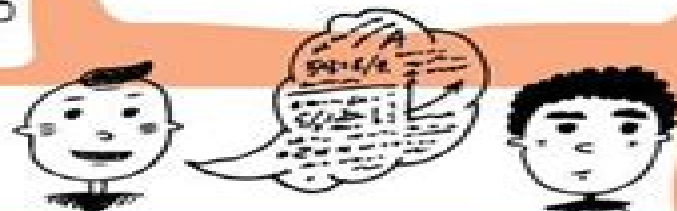


Avoid cramming at the last minute. Space out your study sessions in short periods over time.

Get a good night's sleep. It allows your brain to recharge and improves your ability to recall what you learned the night before.



Teach what you've learned to someone else. This helps to encode the knowledge you've acquired and refine your recall abilities.



Mix up the modes of learning. A combination of visual, audio, and hands-on activities make for much better recall later on.



Ask questions. Asking a teacher, parent or tutor for clarification on a difficult concept will help to clear any confusion you might have.



Physically write out your notes. Instead of just typing and highlighting your text, writing notes out by hand improves your understanding and memorization of the material.



Minimize distractions and avoid multitasking. Find a quiet space, turn off electronic devices, and avoid anything that could cause you to lose focus.

Techniques For Success In College Reading And Study Skills

G Psacharopoulos



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