

7 study techniques

THAT WORK FOR ANY SUBJECT

1. Condensing



- useful for information-heavy, essay based subjects
- Reduces temptation to mindlessly copy everything down

HOWTO: CHALLENGE YOURSELF TO SUMMARISE A PARTICULAR CHAPTER / TOPIC / PAGE WITHIN A LIMITED SPACE, SUCH AS A SIDE OF A4, AND A CERTAIN NUMBER OF SENTENCES. REPEAT AND SEE HOW FAR YOU CAN CONDENSE THE INFORMATION

3. Memory maps

- This is essentially taking notes without any guidance

HOWTO: Write down a few clues on a plain sheet of paper. THEN, SET A TIMER AND WRITE DOWN AS MUCH AS YOU CAN AROUND EACH HEADING, MAKING LINKS AND NOT USING ANY RESOURCES. ALTERNATIVELY, DO THIS W. OUT A TIMER AND SIMPLY WRITE 'TO FAILURE' (when you can't remember anything more)

5. Practice questions and essays

- APPLY YOUR KNOWLEDGE AS MUCH AS POSSIBLE. Get your hands on past papers / questions and practice in exam conditions when you can.
- Get someone else to mark your work OR practice honestly when doing it yourself.

7. Visualisation / association

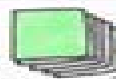
- Associate difficult concepts with familiar objects (pictures or words).
- **THE JOURNEY:** assign facts, arguments etc to different points in a real or imagined journey
- FACILITATES RECALL OF ABSTRACT INFORMATION

- Use there to remember information & understand difficult concepts!

TO DO:

2. Flashcards

- Great for remembering definitions, dates, facts etc.
- If stuck, give yourself a few minutes to think about the answer before checking
- MAKE THEM YOURSELF OR USE A WEBSITE SUCH AS [GURLET](https://www.gurlet.com)



* ADD VISUAL ELEMENTS TO FACILITATE MEMORISATION!

4. (Pretend to) teach someone

- THIS IS THE ULTIMATE TEST OF YOUR UNDERSTANDING
- If none of your friends / family are willing to be volunteers, simply pretend to teach a class or an audience.
- Try to find a person who is unfamiliar w. your subject / topic

6. Pomodoro technique

- developed by Francesco Cirillo
- work for 25 minutes;
- 5 minute break



REPEAT X4 BEFORE TAKING A LONGER BREAK (25 - 50 minutes)

- Try this if you struggle w. procrastination and getting started on hard task

A Pomodoro technique, adjust your time / minutes accordingly!

Kappo Technique Study Guide

Yan Bai



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