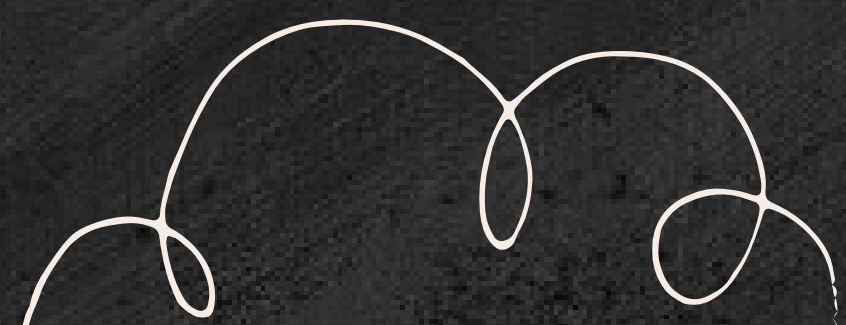
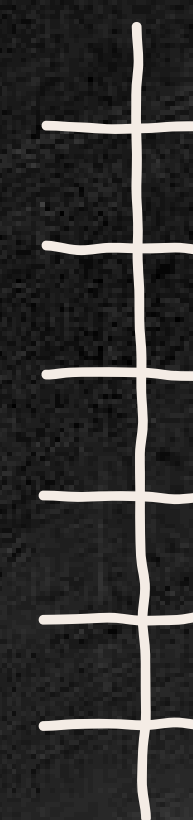
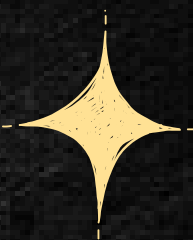


Study strategies

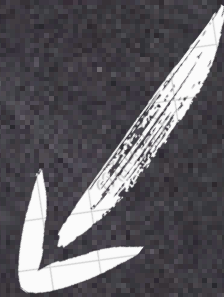
Mrs. Stewart

PRE-TEST

HELP ME LEARN
WHAT YOU
ALREADY KNOW



TODAY WE WILL



IDENTIFY 4
STUDY
STRATEGIES

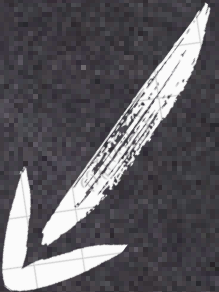


DESCRIBE WHY
AND HOW
THEY WORK



IDENTIFY APPS
THAT UTILIZE
THESE STUDY
STRATEGIES

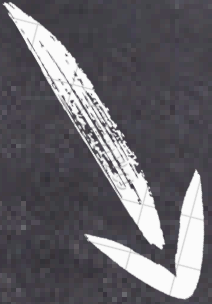
WHY SHOULD YOU STUDY?



REDUCES
STRESS



OPENS DOORS
FOR
SCHOLARSHIPS
AND JOB
OPPORTUNITIES



CREATES
DISCIPLINE
THAT WILL
BENEFIT YOU IN
COLLEGE AND
CAREER

STUDY STRATEGY #1: ACTIVE RECALL

WHAT IS IT?

Test yourself
regularly by recalling
information without
looking at your book
or notes

WHY IT WORKS

Actively retrieving
information helps
reinforce memory and
identify knowledge
gaps



HOW TO USE ACTIVE RECALL

Let's say you are studying biology, specifically the process of photosynthesis. Instead of just reading notes, you can try this:

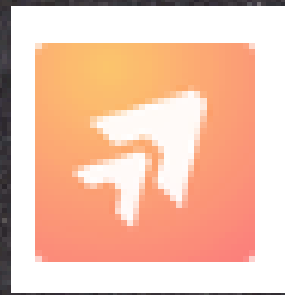
1. Read a section on photosynthesis.
2. Look away from your notes and try to write down or explain the process from memory.

3. Check what you wrote down or check your memory recall against the notes to see what you missed, if anything.

Extra tip: Create flashcards with questions like, "What are the main stages of photosynthesis?" and quiz yourself regularly.

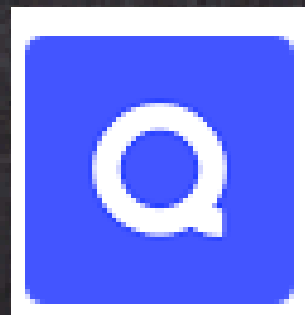
APPS FOR ACTIVE RECALL

1 AnkiApp Flashcards



- Create your own flashcards
- Uses AI to show certain flashcards you need based on your progress

2 Quizlet



- Offers flashcards and games
- Includes Learn and Test modes to turn flashcards into quizzes

3 Brainscape



- Flashcards stay synced across all devices
- Allows you to rate how well you know each concept and determines the perfect time interval at which to repeat the flashcard again

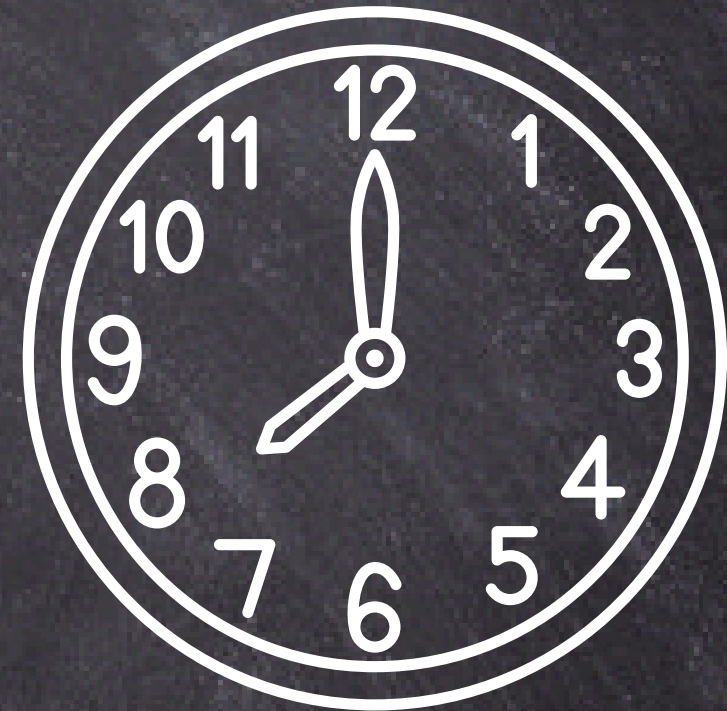
STUDY STRATEGY #2: SPACED REPETITION

WHAT IS IT?

Instead of cramming
all the study
material in one
session, revisit the
content multiple
times with gaps in
between

WHY IT WORKS

Each time you revisit information,
it reinforces the "memory trace,"
making it stronger and more
durable. Repeated retrieval over
spaced intervals helps solidify the
information in long-term memory.



HOW TO USE SPACED REPETITION

Let's say you are studying for a history test.

Week 1: Initial Learning

- Day 1: Read through the chapter on the American Revolution.
- Day 2: Take notes and highlight key events, dates, and figures.
- Day 3: Create flashcards for important facts and concepts.

Week 2: First Review

- Day 1: Review the flashcards created in Week 1
- Day 3: Quiz yourself or ask a friend/family member to quiz you using the flashcards.

Week 3: Second Review

- Day 1: Review flashcards again, focusing on any that you missed during the first review.
- Day 3: Re-read the notes and try to recall information without looking.

Week 4: Third Review

- Day 1: Go through all flashcards again, paying special attention to the ones that are still challenging.
- Day 3: Write a brief summary of the chapter from memory and compare it with your notes to see what you missed.

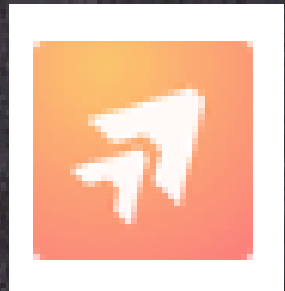
Leading Up to the Test

- Final Week: Continue reviewing flashcards and notes, with shorter, more frequent sessions
- Day Before the Test: Do a final comprehensive review of all the material.

APPS FOR SPACED REPETITION



1 Memoo



- Uses an algorithm to show you the relevant cards at the right time for efficient studying
- 100% Offline

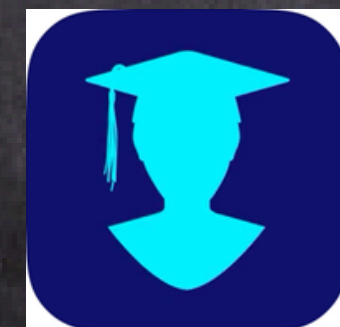
- Use these apps to create a schedule for studying
- Receive reminders from the app on when to study



2 Class Timetable



3 My Study Life



STUDY STRATEGY #3: CHUNKING

WHAT IS IT?

Break down the
information or
content into
manageable "chunks"
or sections

WHY IT WORKS

Chunking helps with
memorizing large
amounts of
information by
focusing on
manageable pieces



HOW TO USE CHUNKING

Let's say you are learning about the structure and functions of cells in Biology.

Step 1: Break Down Material into Major Categories

Identify the main categories within the topic, such as:

- Cell Membrane
- Nucleus
- Mitochondria
- Ribosomes
- Endoplasmic Reticulum
- Golgi Apparatus

Step 2: Focus on One Category at a Time

Instead of trying to study all the cell parts at once, dedicate a short, focused study session to each category.

Day 1: Study the cell membrane structure and functions

Day 2: Move to the nucleus, understanding its role and key cell parts

Day 3: Study the mitochondria and its function

Step 3: Review Chunks as a Whole

This step helps reinforce how the parts function within the whole cell.

Step 4: Use Active Recall on Each Chunk

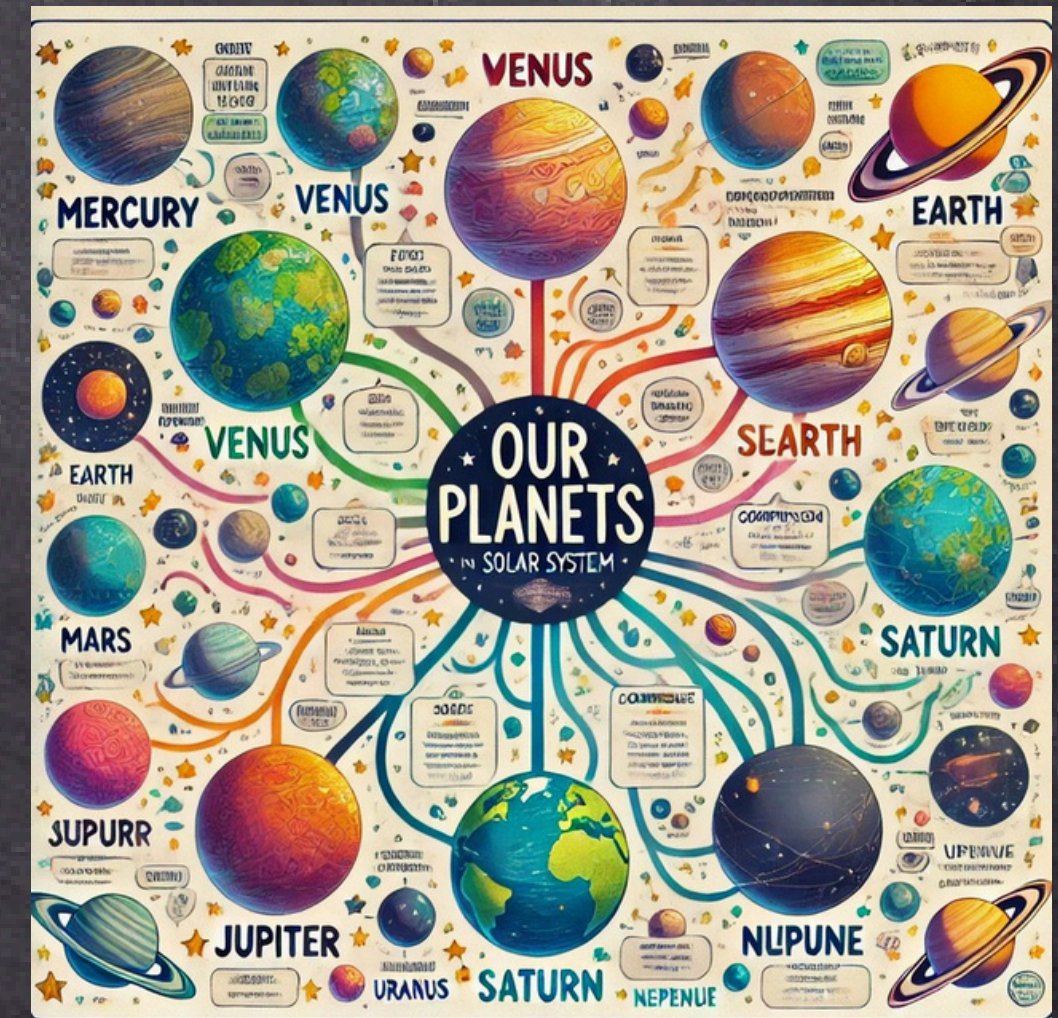
STUDY STRATEGY #4: MIND MAPPING

WHAT IS IT?

This is a visual way to organize information. It involves creating diagrams that represent words, ideas, tasks, or other concepts linked around a central concept.

WHY IT WORKS

It helps to visualize and structure information, making it easier to see relationships and recall details.



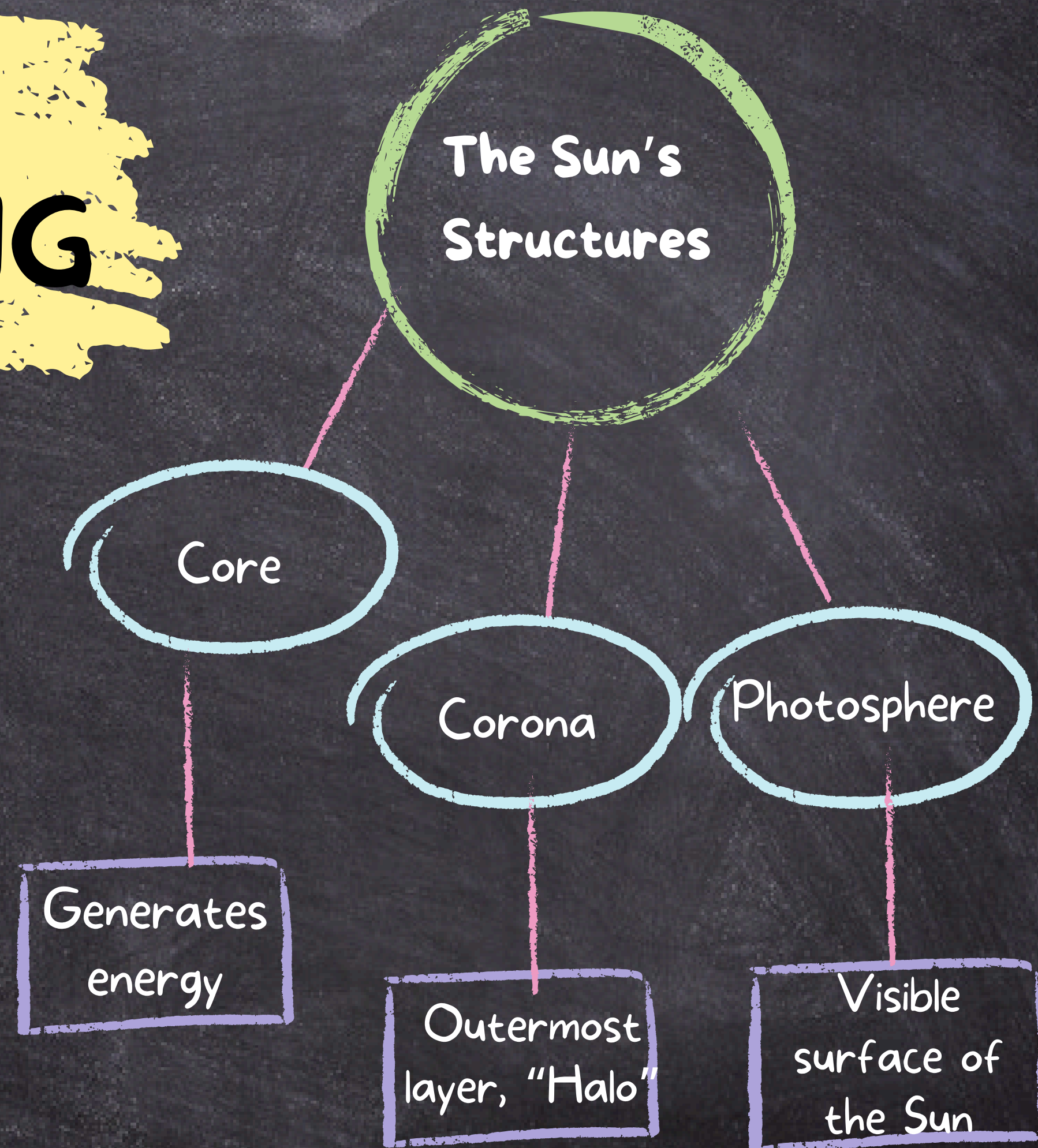
HOW TO USE MIND MAPPING

Let's say you are learning about the structure of our Sun.

Step 1: Write the main topic in the center.

Step 2: Identify the parts of the Sun. Draw lines branching from the center to each part.

Step 3: Add a brief fact or description to each part/structure.



APPS FOR MIND MAPPING

1 MindNode



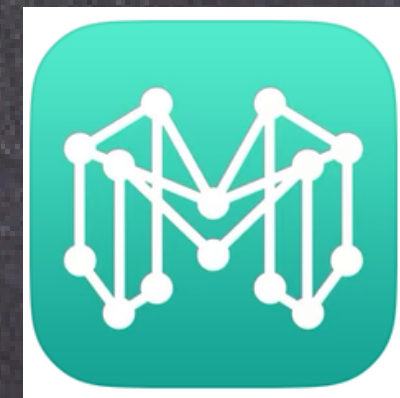
- Incorporate themes, stickers, emojis
- Share it with others

2 Micro



- Allows a group or team to collaborate and produce a mind map

3 Mindly



- Uses a bubble-based interface in a circular layout

POST-TEST

LET'S SEE WHAT
YOU LEARNED



THANK YOU!



QUESTIONS?