

LEARN HOW YOU LEARN

Study smarter. Remember more. Stress less.

Today you'll learn how to:

- remember information longer
- study without wasting time
- figure out what you actually know
- prepare for tests without cramming

BOTTOM LINE: Your brain can get better at learning.



WHAT ARE WE DOING TODAY?

By the end, you should know:

1

WHY

Why some study habits work better than others

2

HOW

How your brain remembers and forgets information

3

WHAT

What study strategies actually help

4

WHEN

Managing study time throughout your week

GOAL: Leave with at least one new study strategy.

HOW DO **YOU** LEARN BEST?

What helps YOU remember and understand the things you learn?



1 I learn by
seeing it

diagrams
charts
written steps



2 I learn by
hearing/
explaining it

discussion
saying it aloud
teaching someone



3 I learn by
doing it

practice problems
examples
demonstrations



4 I learn by
organizing it

categories
outlines
lists
step-by-step notes



5 I learn by
connecting it

real-life examples
comparisons
“why does this matter?”



Think about a class you're **GOOD** at
What do you do in that class that helps you “get it”?

Think about a class you're struggling in
Why? How can your study strategies change?

TURN YOUR STRENGTH INTO A STUDY STRATEGY

	Seeing it	Draw a diagram, timeline, chart, or example
	Talking it out	Explain the lesson to yourself or another
	Doing it	Complete practice questions/problems
	Organizing it	Create an outline, list, or study guide
	Making connections	Connect the idea to something you already know



Big Idea: What helps me best understand THIS MATERIAL?

CRAMMING VS. ACTUALLY LEARNING

Which one sounds more like your night before a test?

CRAMMING

“LET ME LEARN ALL OF THIS TONIGHT.”

- Might help tomorrow
- Easy to forget
- Creates more stress
- Courses are cumulative, doesn't help long term.

ACTUALLY LEARNING

“LET ME WORK ON THIS A LITTLE AT A TIME.”

- Review it more than once
- Test yourself
- Find what you don't know
- Come back to it later

Would you rather practice 20 minutes for 5 days or 2 hours the night before?

TAKEAWAY: Repetition matters more than amount.

“I’M BAD AT THIS” ISN’T THE END

STRUGGLING ≠ STUPID

**LEARNING IS LIKE
WORKING OUT.**

Your brain focuses more on what it doesn’t know and fills in the gaps.

Getting something wrong tells you:

**“THIS IS WHAT I NEED
TO WORK ON NEXT.”**

Instead of: “I’m just bad at math.”

Try: Why did I get this wrong? How can I improve or fix it?

MISTAKES GIVE YOU INFORMATION.

EVER GO BLANK ON A TEST?

You studied it. You KNOW you studied it. Then the test starts and... nothing. Stress can make it harder to pull information from memory.

1 STOP
Don't immediately panic.

2 BREATHE
Take 2–3 slow breaths.

3 START SOMEWHERE
Write down anything you remember about the topic.

4 COME BACK
Skip the question temporarily if needed.

BEFORE THE TEST: Don't just reread. Close your notes and make your brain retrieve the answer.

HOW DEEP ARE YOU LEARNING?

The goal is to move beyond “I’ve seen this before.”

LEVEL 1 — RECITE

WHAT IS IT?

Example: What is photo-synthesis?

LEVEL 2 — EXPLAIN

**CAN I EXPLAIN IT
IN MY OWN
WORDS?**

Explain it to an 8-year-old

LEVEL 3 — APPLYING

**CAN I SOLVE A
PROBLEM WITH
IT?**

Try a practice question or apply it.

LEVEL 4 — CONNECTING

**CAN I COMPARE
IT OR USE IT
SOMEWHERE
NEW?**

Relate to other terms and ideas.

If you can only recognize the answer when you see it, you probably don't know it well enough yet.

DON'T ASK: "DID I STUDY?"

Ask: "What Can I Do WITHOUT My Notes?"

CLOSE EVERYTHING.

CAN YOU...

- ☐ explain today's lesson?
- ☐ answer a practice question?
- ☐ define the important terms?
- ☐ solve a problem?
- ☐ explain WHY the answer is correct?

IF NOT →

YOU JUST FOUND WHAT TO STUDY.

Reading your notes and thinking "Yeah, I remember this." isn't the same as knowing it.

Close the notes. Prove it.

THE 5-STEP SCHOOL-DAY STUDY CYCLE

Small moves during the day beat one giant panic session at night.

1 BEFORE CLASS

Look over yesterday's notes for 2–5 minutes.

2 DURING CLASS

Listen. Take useful notes. Ask questions.

3 AFTER CLASS

Take 5 minutes to fix anything confusing.

4 AT HOME

Do a short, focused study session.
Put away any distractions.
Make it a routine.

5 TEST YOURSELF

Close everything. What can you remember?
Explain concepts out loud like you're teaching someone.

THEN DO IT AGAIN TOMORROW.

20–30 minutes consistently > waiting until the night before

HOW TO ACTUALLY STUDY FOR 30 MINUTES

A short plan you can use tonight.

0–2 MINUTES

PICK THE MISSION

Not: “Study biology”

Instead:

**“Learn the steps of mitosis and explain
them without notes.”**

**There is a difference between knowing
something and understanding it.**

2–25 MINUTES

FOCUS

Phone away
One subject
Practice problems
Flashcards
Explain it aloud
Quiz yourself

25–30 MINUTES

PROVE IT

Close everything.

**“What can I remember
without looking?”**

Then: take a break.

STOP JUST READING. DO SOMETHING WITH IT.

Make the information do some work.

1 PREVIEW
Look at titles, headings, pictures, and bold words.

2 ASK
Turn the heading into a question.

3 READ
Read looking for the answer.

4 SAY IT YOUR WAY
Close the book and explain what you just read.

5 TEACH IT
Explain it to a friend, parent, dog, empty chair, or yourself.

If you can't explain it simply, that's probably what you need to study next.

YOUR CHALLENGE: TRY ONE THING

Don't try to change everything tonight.

PICK ONE STRATEGY

- ☐ Study in shorter sessions
- ☐ Put my phone away
- ☐ Quiz myself without notes
- ☐ Review notes after class
- ☐ Teach the lesson out loud
- ☐ Start studying earlier
- ☐ Make my own practice questions

MY PLAN

My strategy: _____

Class I'll use it in: _____

When I'll try it: _____

**BETTER GRADES USUALLY DON'T START WITH
"TRYING HARDER."
THEY START WITH CHANGING WHAT YOU DO.
PRACTICE DOES NOT MAKE PERFECT, IT MAKES
PERMANENT.**