

THE PATH: DO YOU KNOW HOW TO STUDY?

Why should you want to improve your studying strategy? Because, just like any other game, the better you apply the appropriate skills to the 'rules' that are in place, the better you can perform in the game.

Do I read something of my own choice regularly?

- Whether you like it or not, reading is an essential skill to make sense of and engage with the real and synthetic (digital) world around you.
- If your purpose in going to school is to go to university, you will most likely fail if your reading skills are not up to scratch, seeing as university studies require an immense amount of reading and writing.
- Reading, more than watching videos or playing games, sharpens your cognitive skills because there are no other visual elements that 'steal' your attention and therefore prompt specific, attention-deficit, thoughts.
- The game you are playing in school requires a lot of reading. Not training yourself for this is like going to a rugby game unprepared – you will get tackled. Much harder than necessary.

Do I plan my study times/schedule?

"If you fail to plan, you plan to fail" - Benjamin Franklin

- Top students globally have a study schedule, especially when preparing for exams.
- In simple terms: this is like physical training. You need to build up sets and reps of DIFFERENT exercises to achieve your desired goal.
- Spacing = sets and reps. You cannot go on just one run the day before a marathon and expect to deliver a great performance.
- Interleaving = different types of exercise. This allows your brain to create more associations with a wider range of content.
- Students who practiced interleaving and spacing performed 25% better than those who crammed before their tests and 43% better a week after studying.
- Doing this more often during the year results in you spending less time studying overall while achieving better results.



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THE PATH: STUDY SKILLS REFLECTION
PRACTICE ATTENTION TIME HONESTY
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THE
Practice
Attention
Time
Honesty

Do I prepare my study environment before studying?

Imagine this: you arrive at a football field before a match, but there are no lines or goal boxes on the field. Sure, you can still play a game of football, but it will be far from the best game ever seeing as all the players need to spend more time figuring out the application of the rules dictated by the lines and goal boxes.

Therefore, if the game you are playing is studying, what are the 'lines' and 'goalboxes' you need to put in place to be able to play the best possible game?

Whether you like it or not, your brain likes order. So, prepare your studying environment.

Do I practice answering questions while studying?

- Students who do retrieval practice after a study session perform 30% better compared to students who just do two study sessions.
- Retrieval practice = best bang for buck in relation to time spent studying.

When studying, do I just read through the work?

- When stressed, students who just read through the work perform 32% worse than those who do retrieval practice.
- Learning happens best through experience: use retrieval practices along with appropriate imaginative memory techniques.

Do I take notes in my own words while studying?

- Students who take effective notes during lessons perform between 13 and 17% better in test given after the lessons.
- studying with words and pictures allow students to perform about 50% better than their peers who only revised using either, or even using both, but separately.
- Using your own words = linking new concepts to existing ideas.

Do I study with music that has lyrics/vocals?

- Students who study in silence perform over 60% better than those listening to music with lyrics.
- Students who studied while listening to music with no lyrics performed up to 57% better.
- The options: anything 8 - 14Hz – binaural beats, classical, or any other playlist for just about any musical genre lover.

Do I study with my smartphone in the room?

- Students who are expected to perform more demanding or complex tasks (i.e., a modicum of effort) perform 20% worse in those tasks due to the mere presence of a mobile phone.



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