

**The way you study makes
a difference.**

**Do you want to get
higher grades
without having to
increase your study
time?**

Follow these tips:

Study at your Peak



Peak=

The time of the day when you are feeling more active.

Morning persons study better in the morning. Night persons study better at night.

STUDY SMARTER, NOT HARDER

Keep a Schedule of your study periods



Studying in a hurry is the same thing as not studying at all

STUDY SMARTER, NOT HARDER

Your brain gets tired too



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Study in periods of 40
minutes and have a 15-minute
break between them.

STUDY SMARTER, NOT HARDER

Studying the day before is a bad idea



The last day should be spent reviewing, not learning everything.

STUDY SMARTER, NOT HARDER

No music is allowed

Unless it is soft and lyric-free music.



Music with hard beats and lyrics can mix with the information you are trying to put in your brain.

STUDY SMARTER, NOT HARDER

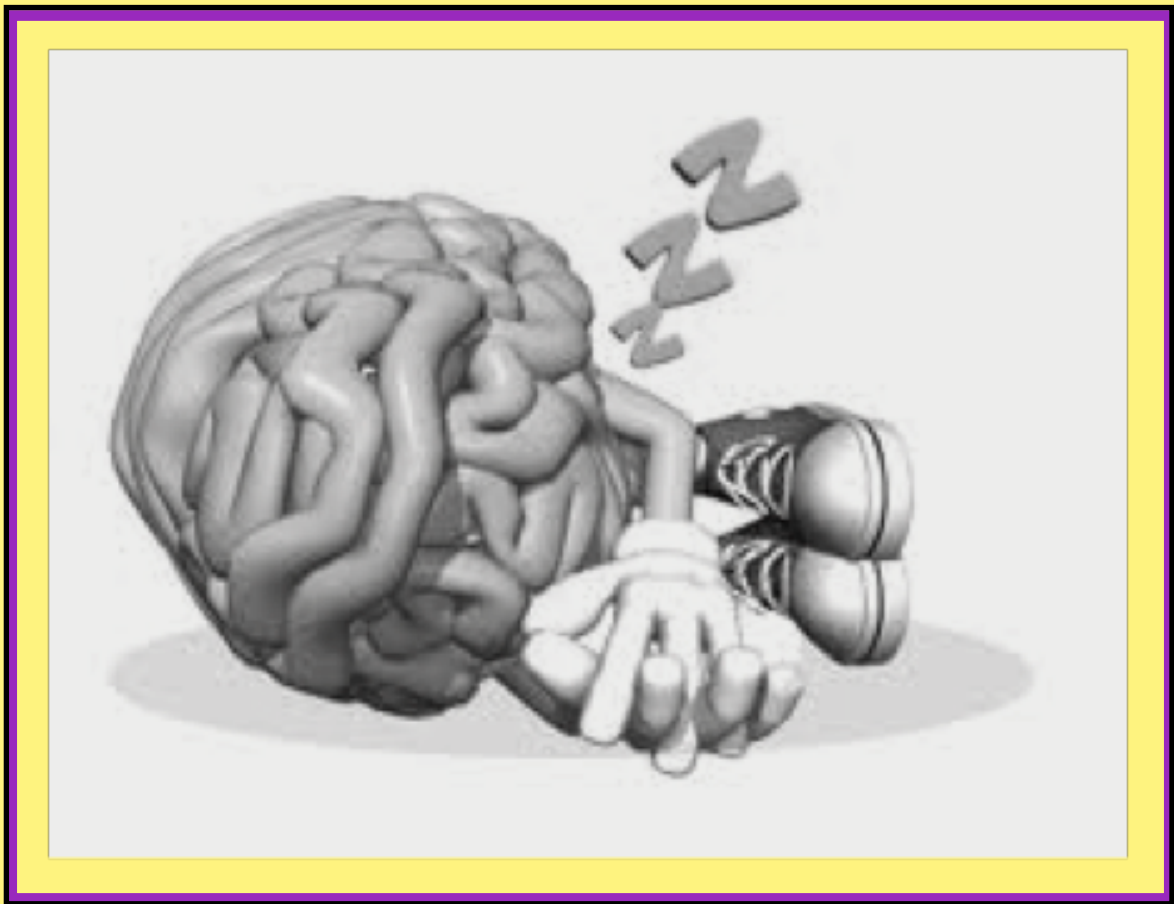
The place where you study, matters.



Make sure it's a place with no distractions and good light, comfortable and organized.

STUDY SMARTER, NOT HARDER

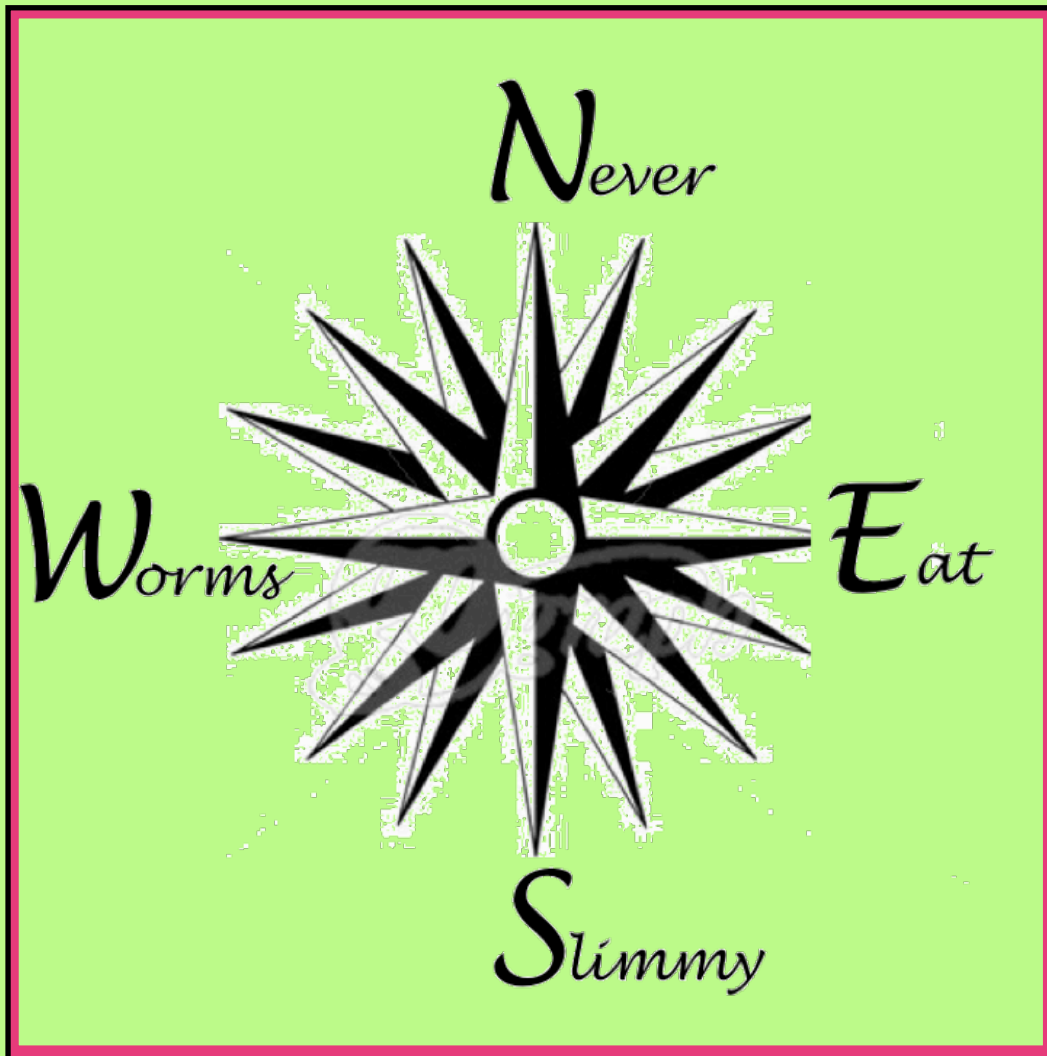
Sleeping will help you absorb what you've learnt



Make sure you take a good rest after you've studied.

STUDY SMARTER, NOT HARDER

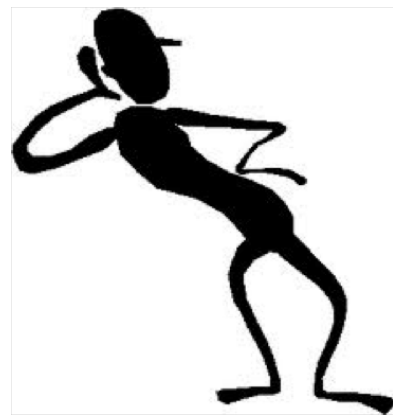
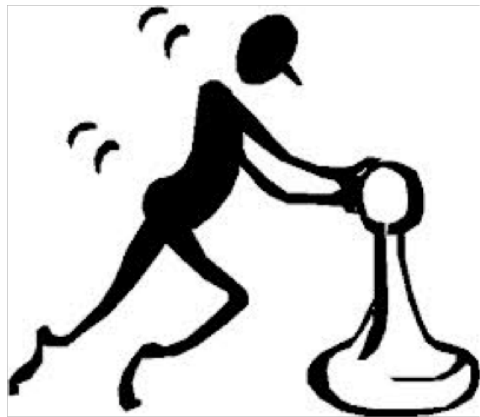
Use memory tricks



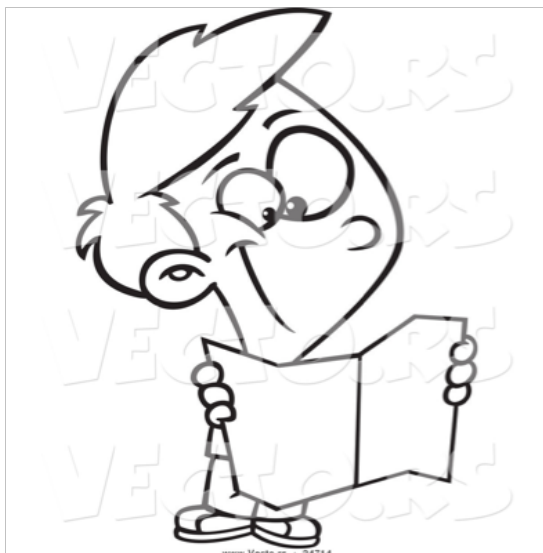
You learn things easier and longer if you use rhymes, riddles and stories.

STUDY SMARTER, NOT HARDER

Ways to study depend on the type of learner you are.



DO YOU KNOW WHICH TYPE OF LEARNER YOU ARE?

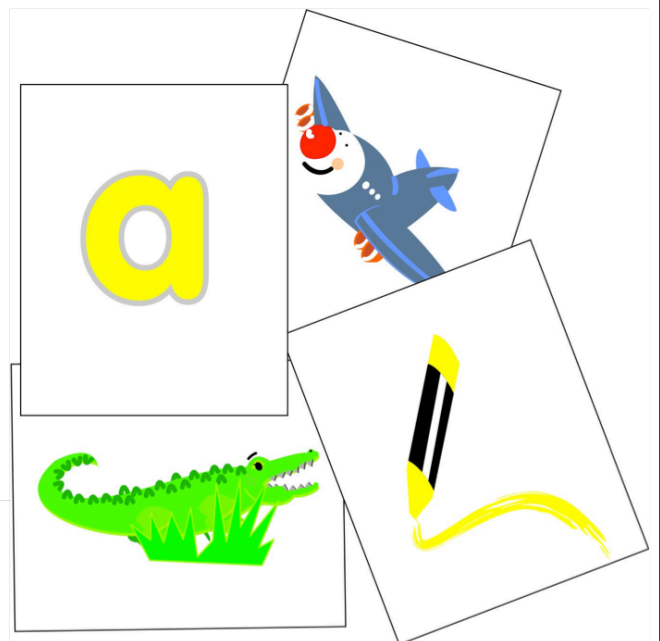


Do you remember places rather than names?

Then you learn better with the use of:

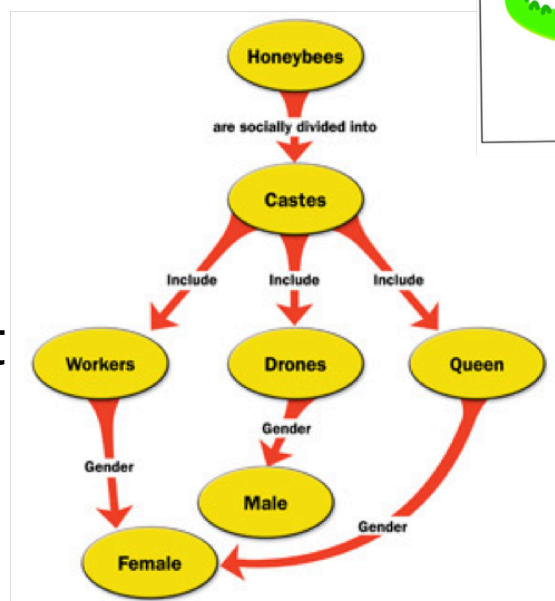


Graphs



Flashcards

Concept
Maps



YOU ARE A VISUAL LEARNER

Do you follow oral directions better than written ones?

Then you learn best through:



Discussion



Oral reading



Hearing anecdotes
or recordings



Studying in
cooperative groups

YOU ARE AN AUDITORY LEARNER

Are you constantly tapping your pen or playing with keys in your pocket?

Then you learn best while moving:



Playing games



Acting



Doing and touching

YOU ARE A KINESTIC LEARNER

Do you only remember things if you write them down?

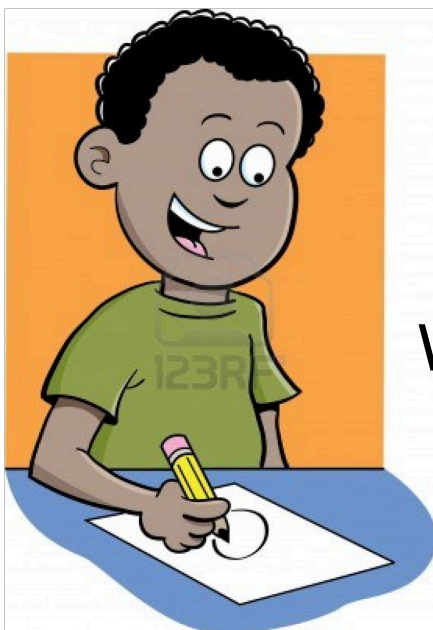
Then you learn best while:



Re reading



Using lists



Writing summaries

YOU ARE A READER/WRITER LEARNER