



How to prepare for a study session



1 Make sure you are sitting comfortably, with all study materials to hand.



2 Switch off your phone



3 Decide how long you want to study. Uncertain? Try a 60 minute study block.



4 Choose what you want to study (decide which pages you will read)

Difficulty of reading material	Pages per 60min study block
Hard	2-6
Medium	8-10
Easy	12-14



5 Take a few minutes to scan the material

- Title
- Summary
- Words in bold
- Introduction
- Subheadings
- Pictures

Scanning = Trying to identify what subjects will be discussed without actually reading the text.



6 Now you are fully prepared to start reading!



How to study effectively



Study

1

Read

Read the text you want to study.
Check by summarizing the highlights in your own words.
Review the parts you missed!



2

Summarize

Make a summary using keywords!
Start with the main topics and define the subtopics.

Main topic

Subtopic

Sub-subtopic

Tip!

Focus on comprehension, not on memorizing everything!

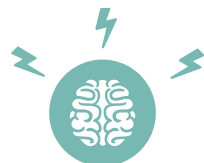


Repeat

1

Active brain

A lot of repetition is the key secret to learning! But it only works if your brain is active!



Try to remember your summary without looking at it. Only look things up after testing yourself.

2

Flash cards

Extra option:
Write down questions on the front and answers on the back of flash cards or sticky notes.



Flash cards work best for learning facts, like numbers and definitions.