Memory tricks for studying



- [ ] Read more! Don't just skim the material, although this will take you longer. Make your study notes *shorter*, so that you are forced to retain the broader understanding
- [ ] Listen to some chatty audio! Then, jot down the key parts of what's being said to absorb the topic.
- [ ] Write down questions, too! While memorizing topics, write down questions you think of about context/details, then see if you can answer them yourself after reviewing the material.
- [ ] Repeat it aloud! Verbalizing, more than simply thinking, can help. Also, try teaching it to someone else or having a discussion about key points.
- [ ] Diagram it! Make charts, diagrams, tables, etc. to help you organize the info. Later, test yourself by leaving some spaces blank, and filling them in.
- [ ] Review! Practice makes perfect, so continue to review material over and over.
- [ ] Lastly, keep your diet in check. Might not be so obvious, but what nourishment you consume & when you consume it *does* impact your focus. Don't test your memory on an empty stomach!

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