

# STUDYING 101: ENHANCE YOUR LEARNING

Learning these strategies will help you maximize your study time

Use your time efficiently and optimize your learning by applying any of these three techniques:



## BROADEN YOUR STUDY STYLE

You deepen your learning and understanding of a concept when you learn it using more than one modality.

**Example:** when studying you can take **written notes**, **draw a diagram**, and **explain it verbally** to a friend

**Other modalities can include:**  
watching a video, drawing, and role plays



LEARNING RESOURCES

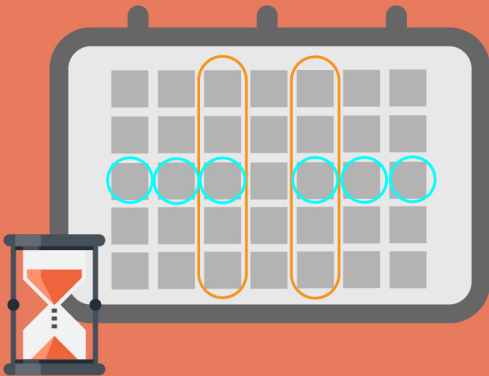


# MORE STUDY TIPS

## AVOID CRAMMING

Our brains work better when learning is spaced out, instead of crammed in all at once. This allows your brain to incorporate knowledge and remember it better.

**Example:** instead of studying 6 hrs in one day, study 1 hr a day for 6 days



# DEEPEN YOUR LEARNING

To deepen your learning see how simply and clearly you can explain a new concept without losing essential information

## HOW TO:

Pick a concept ex. Krebs Cycle

Explain it to another person in the simplest way possible (teach a friend who is new to the subject)

Identify gaps in your explanation

Review your explanation and see if you can make it clearer and fill any gaps