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Thread: [Study tips](#)

Muro - March 10, 2015, 1:43 am

So I've seen a few people asking about how to study and so on. So here it is, a few study tips that I use myself. If you guys have anything to add, please do tell me and I'll be happy to add it in if it sounds good.

I added a TL;DR - just in case if you're like me and you do not want to read the whole thing.

DISCLAIMER This thread will NOT guarantee you a 140% on all your subjects and go to Harvard with 200% scholarships, it will be extremely useful to you if you're dedicated to it and willing to actually follow some of the tips given in here. If you don't find this helpful, you can comment below and tell me why it isn't working, maybe we can work it out!

So first you have to clear out a big misconception, that NOBODY can study by just staring at their notes for a full day and expect it to be written clearly in your heart and you'll get 100%, different people have different ways of studying. And I will show you a part of it.

TIME: First, you have to choose your best studying time. What time are you most concentrated, when will you be ABSOLUTELY free? For me, I like to study in the night, when there are barely any distraction.

PRIORITIES: Now, when you're actually studying, you have to choose what you want to do first, obviously you'll be given more than one homework/assignments. For me, I do the hard part first, because that's when your brain is at 100% health and you can endure it first, and then you can enjoy the easy homework or do the subjects that you like (drawing). If I have a test coming up, I save it for last. However, if this test is worth a lot of points or is extremely important and I'll do it first.

CONCENTRATION: So I've stated above that NOBODY is able to just sit down and work it, and get 100% (unless you're an asian model). Trust me, I'm an asian too, and I can only stay concentrated for about 15 minutes unless it's interesting. So when you're at the table, you want to keep ALL distractions off: any devices, HF, ALL SOCIAL NETWORK, TVs, even friends (I told my roommate to fuck off when he was distracting me while I was studying). And while you're at this, you should keep a water bottle and your notes at your desk. Drink some water, take a 5 minute break every 30 mins of HARDCORE studying. You guys might think this won't help but it can be the key, you will not be able to concentrate if you have your facebook opened with your crush texting you, and you're dehydrated as fuck. If you're horny, go jerk off - then come back and study.

MEMORIZATION: Now I step closer to the details of studying, some assignments require you to write, some requires you to think, and some of them require you to memorize. Yep, those darned tests and quizzes get my ass worked up everyday. If you have lots of time to prepare for a test, use that time and revise your notes (just 5-10 mins a day can help). Or you can use a study technique called Space Repetition, this is when you're about to forget something you want to learn, but then you look at it - wait until you're about to forget, then see it again. And there is an app called ANKI - you can get on iOS (paid) and Android (free), please get this only if you think you can resist the temptation of your phone - if not, don't bother getting it (you're only destroying yourself if you do).

Now, if you procrastinate (like me) the most effective solution for this is to do brute force memorization (yes it's a real thing). This is when you say something out loud (e.g. WW3 happened on 32nd of February) and then you type it on the computer, keep doing that over and over again.

This is not the most effective way of studying but it can be considered if you have a test/quiz coming up on the day after. Whatever your big distraction is, identify it and destroy it. There is this one thing you can write in your notebook right now; it's a sentence in a if-then format. E.g "If I get distracted by my computer while writing an essay, I'll write the essay using pen & paper." Then add another sentence: "I strongly intend to follow this plan."

GOALS: When you study, you can't aimlessly try to finish up things. You need to have a specific goal, whether big or small, long or short. "Today I will finish up my math worksheet." Make baby steps. You cannot be bland about this, you can't just say "I'll do all my stuff today and go on HF."

REST: Your body needs plenty of rest in order to get your brain up and working the next day. This is extremely important, and please do not stay up late to prepare for a test the next day, your brain will be fucked. I've tried this and it doesn't work and it'll never work.

TL;DR Keep in mind of the key elements when you're studying: Time, Priorities, Concentration, Memorization & Goals.

If you need some sort of help, PM me and I'll reply as soon as possible!

I'll eventually add more, but you can take a look at what I have currently. I hope it'll be helpful to some of you guys. Please do drop a comment about what you think, whether if it has helped. Thanks!

Sixen+ - March 10, 2015, 1:53 am

I think one of the most important things you forgot to add in here is SLEEP. Towards the end of a typical six- to eight-hour night of sleep, the brain gets its chance at rejuvenation, during REM sleep. This is the stage that's crucial for learning because the brain solidifies all that was taken in the day before and clears out old, unnecessary memories to make room for new information.

Muro - March 10, 2015, 1:59 am

(Mar 10, 2015 01:53 AM)SixenBTC Wrote: [\[CITE\]](#) I think one of the most important things you forgot to add in here is SLEEP. Towards the end of a typical six- to eight-hour night of sleep, the brain gets its chance at rejuvenation, during REM sleep. This is the stage that's crucial for learning because the brain solidifies all that was taken in the day before and clears out old, unnecessary memories to make room for new information.

Thanks for the comment, I've included it in the list & I appreciate it!

Sunlight - March 10, 2015, 2:00 am

Make sure you include breaks to drink, eat & reduce stress. Mini breaks in between blocks of study.

Nice thread, very well written!

Sixen+ - March 10, 2015, 2:00 am

(Mar 10, 2015 01:59 AM)Muro Wrote: [\[CITE\]](#) Thanks for the comment, I've included it in the list & I appreciate it!

No problem, other than that, all the points mentioned are great.

<http://cornellpsych.net/studytips/> - check that out if you want to look at more.

Muro - March 10, 2015, 2:01 am

(Mar 10, 2015 02:00 AM)Pleasurable Wrote: [\[CITE\]](#) Make sure you include breaks to drink, eat & reduce stress. Mini breaks in between blocks of study.

Nice thread, very well written!
I have, in the Concentration section. And thanks! :)

Sunlight - March 10, 2015, 2:02 am

(Mar 10, 2015 02:01 AM)Muro Wrote: [\[CITE\]](#) I have, in the Concentration section. And thanks! :)
Oop, that's what I get for reading too fast.
In that case you've done very well ^_^

Armady1 - March 10, 2015, 5:05 pm

Hey OP, thanks for the advice

I was just wondering if you can add how you can review the materials in which you learned when you studied. Since I can't find any new method of doing that :((I spend about 2 hours per day reviewing for biology alone)