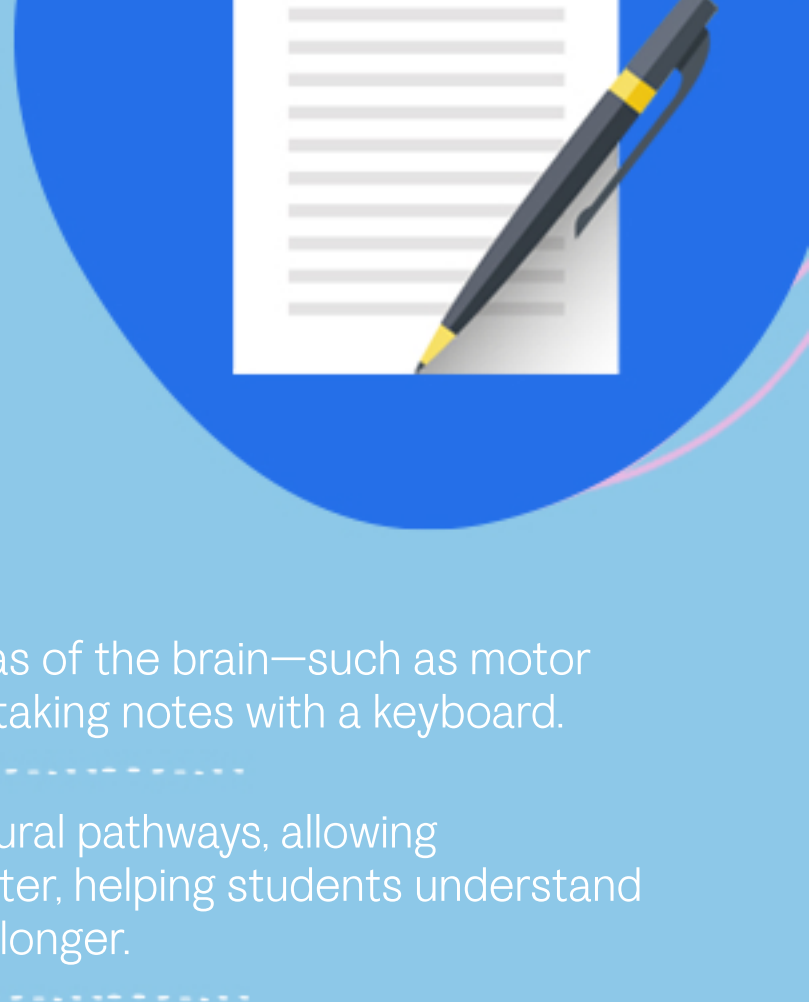


10 Essential Study Skills Every Student Needs

by Oxford Learning

Create Study Notes By Hand

Students who make study notes by hand understand and remember more information for longer periods of time.



- ✓ Handwriting involves more areas of the brain—such as motor skills and sensory areas—than taking notes with a keyboard.
- ✓ Handwriting builds stronger neural pathways, allowing information to be encoded better, helping students understand and remember information for longer.
- ✓ Creating a synopsis of the study material helps students summarize and organize the information.

Read From Paper, Not Screens

Reading text on paper rather than screens improves comprehension and recall.

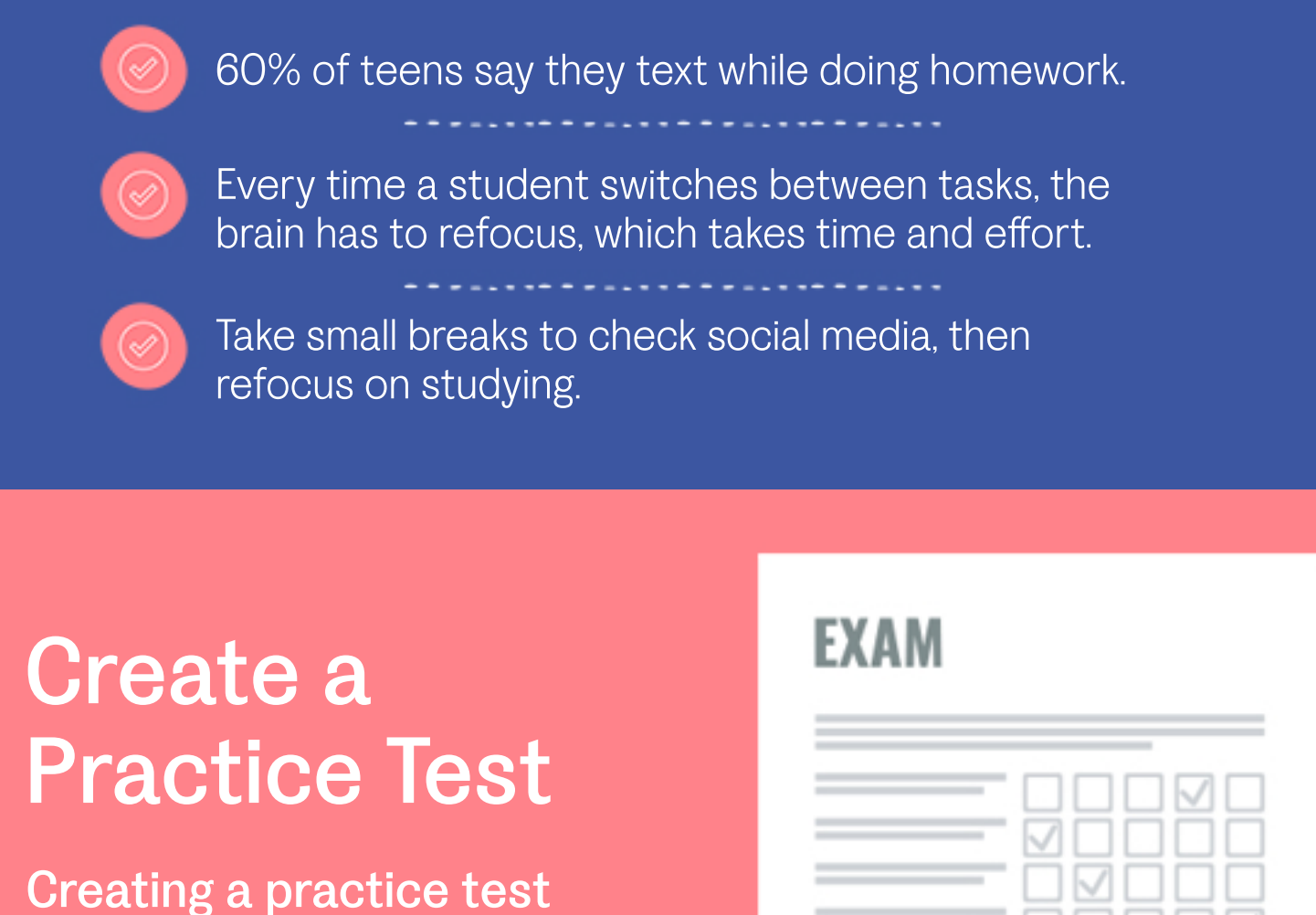
- ✓ 29 of 33 laboratory studies found that readers learned more from text on paper.

- ✓ Spatial memory plays a role in helping students recall the location of a passage or a chart on a physical paper page, boosting memory.

- ✓ Reading on screens can be mentally and visually tiring for students.

Don't Multitask

Multitasking—doing two tasks at once—splits students' focus in half, minimizing the ability to remember details.



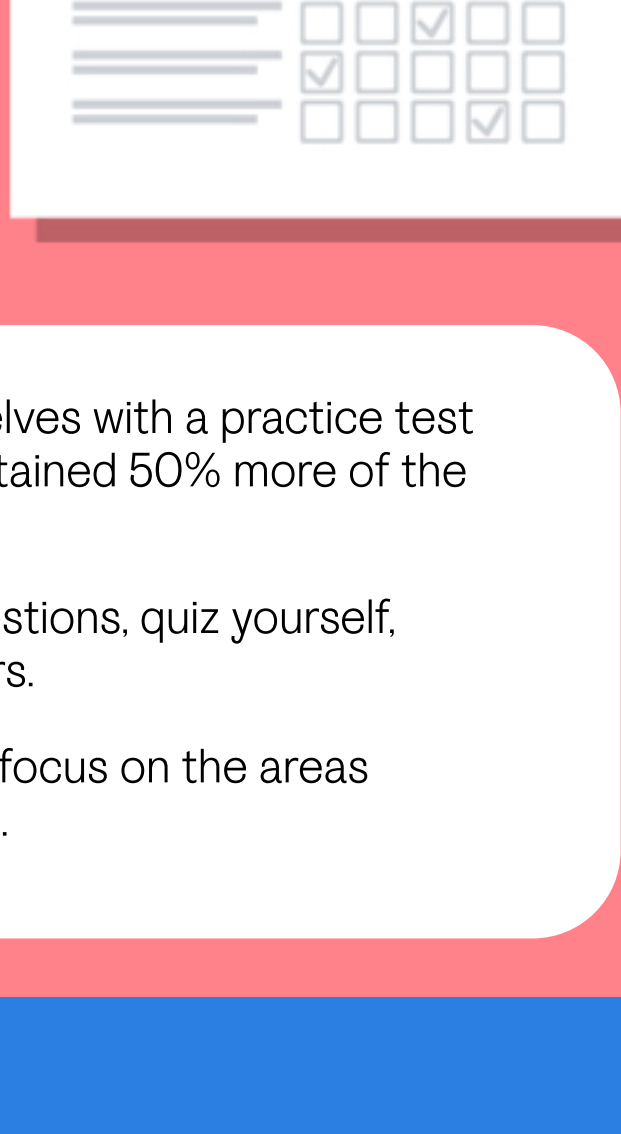
- ✓ 60% of teens say they text while doing homework.

- ✓ Every time a student switches between tasks, the brain has to refocus, which takes time and effort.

- ✓ Take small breaks to check social media, then refocus on studying.

Create a Practice Test

Creating a practice test helps students become more familiar with the material, remember it longer, and ultimately do better on the test.



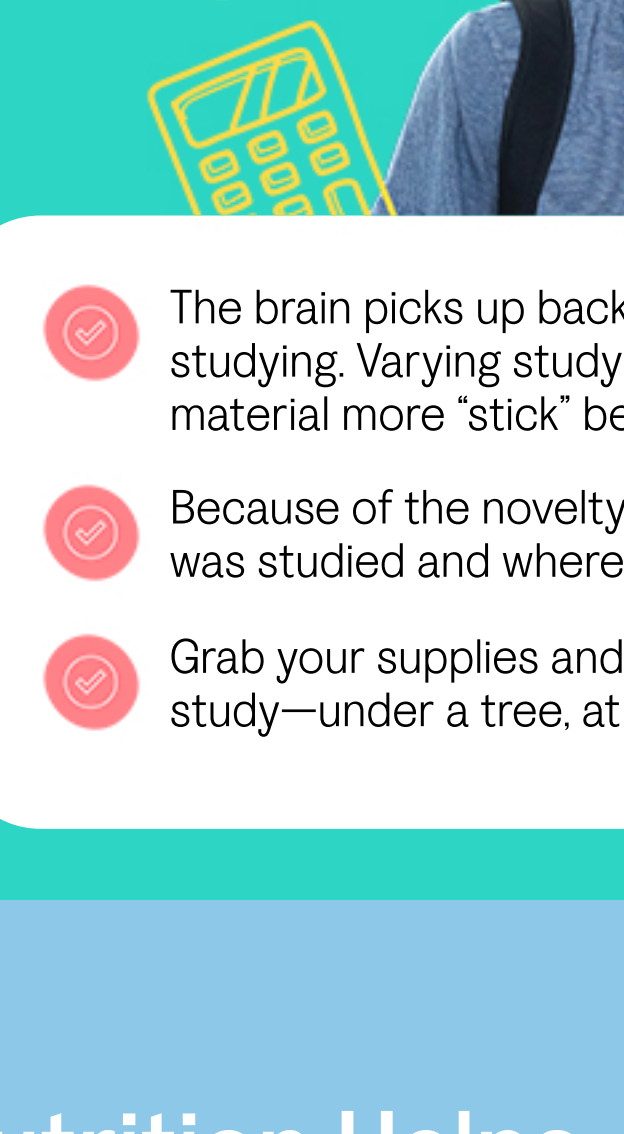
- ✓ Students who tested themselves with a practice test after learning the material retained 50% more of the information a week later.

- ✓ When studying, write out questions, quiz yourself, and finally check your answers.

- ✓ Practice tests help students focus on the areas that need the most attention.

Get a Good Night's Sleep

Proper sleep is an important tool when studying, playing a key role in memory.



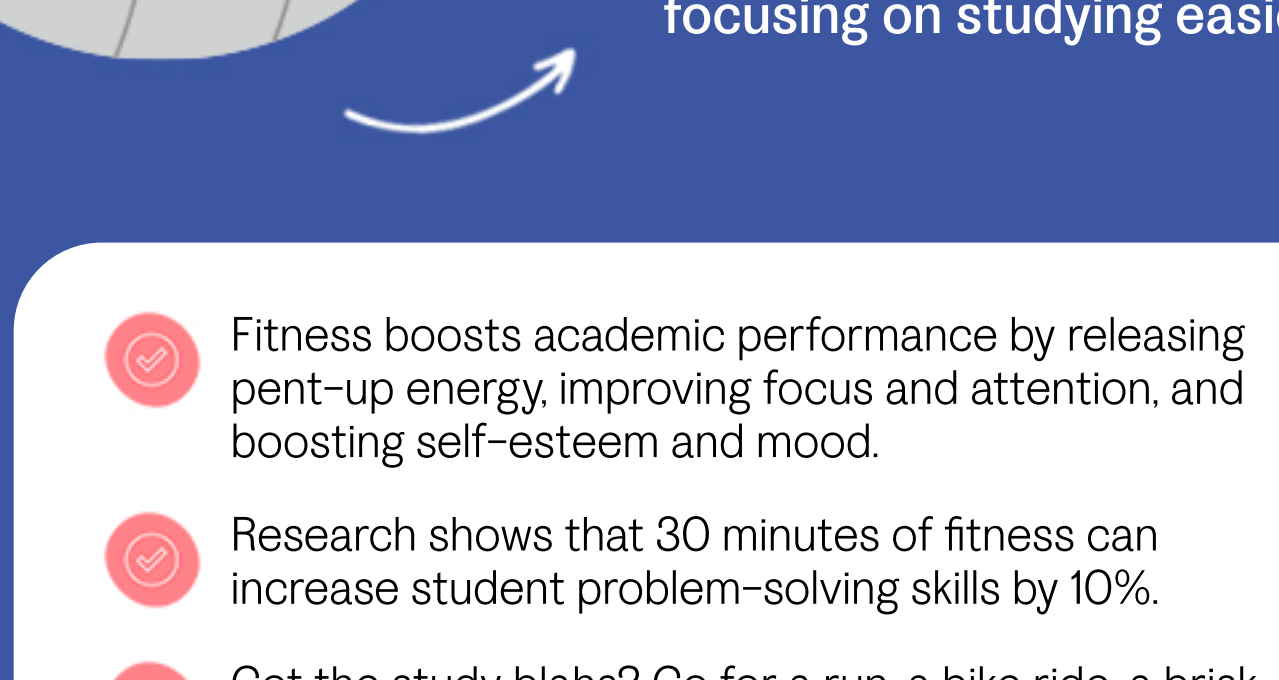
- ✓ Students remember more details after a good night's sleep than when they stay up all night.

- ✓ The brain processes and stores information at night, moving information from short-term memory into long-term memory areas.

- ✓ No screens before bed! Artificial light before bed reduces melatonin, increases alertness, and disrupts circadian rhythms—making it more difficult to fall asleep.

Choose Different Study Locations

Having a reliable, distraction-free area to complete homework helps students focus, but studies show that various study locations can help boost memory!



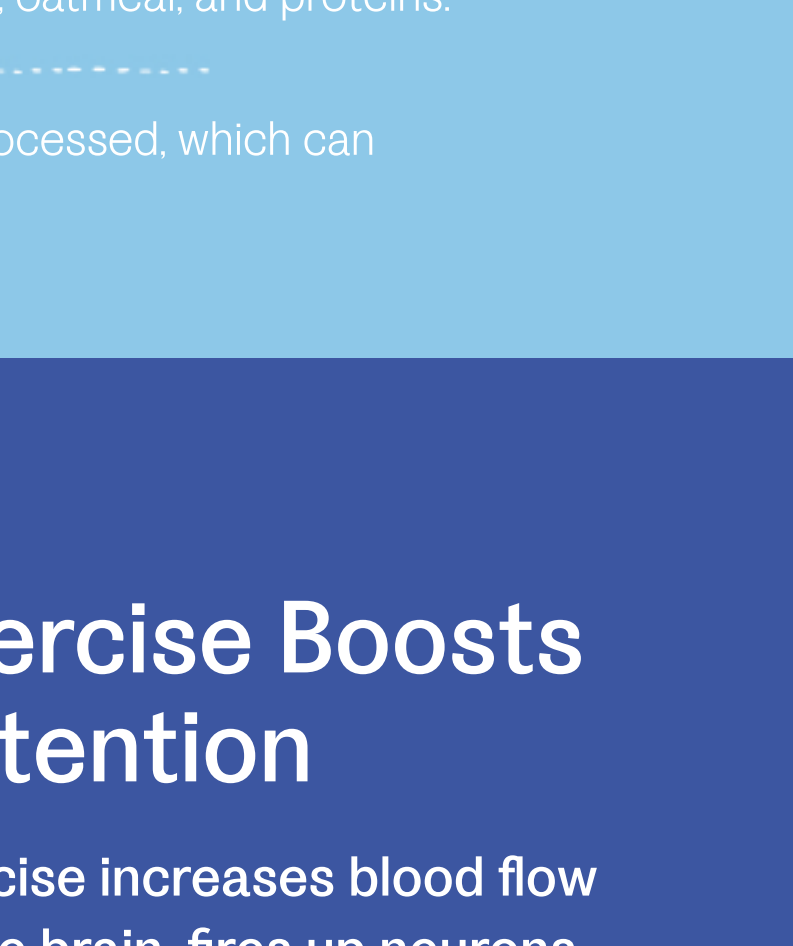
- ✓ The brain picks up background information while studying. Varying study locations gives the learned material more "stick" because of visual cues.

- ✓ Because of the novelty, the brain remembers what was studied and where it was studied.

- ✓ Grab your supplies and choose a new spot to study—under a tree, at a friend's house, or at the library.

Nutrition Helps Improve Memory

Food is fuel—good nutrition keeps the body and the brain functioning optimally.



- ✓ Eating the right foods before studying can feed the brain key nutrients, putting it in a learning-ready state.

- ✓ Snack on brain-friendly food when studying: nuts or seeds, fruits and vegetables, berries, oatmeal, and proteins.

- ✓ Avoid anything sugary and processed, which can cause mental fog.

Exercise Boosts Retention

Exercise increases blood flow to the brain, fires up neurons, and boosts cognitive performance, making focusing on studying easier.

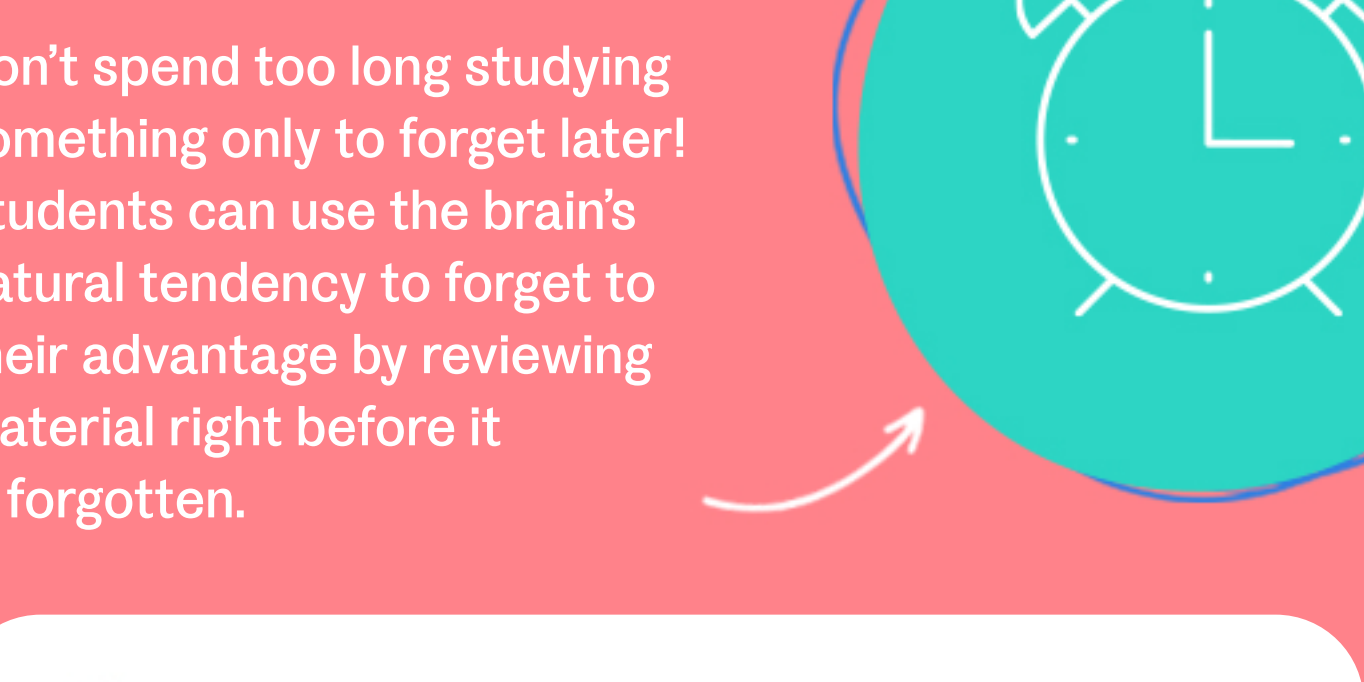
- ✓ Fitness boosts academic performance by releasing pent-up energy, improving focus and attention, and boosting self-esteem and mood.

- ✓ Research shows that 30 minutes of fitness can increase student problem-solving skills by 10%.

- ✓ Got the study blahs? Go for a run, a bike ride, a brisk walk, or even just do some jumping jacks!

Practise Paraphrasing

Paraphrasing—restating a fact by putting it in your own words—helps students increase their comprehension and understanding.



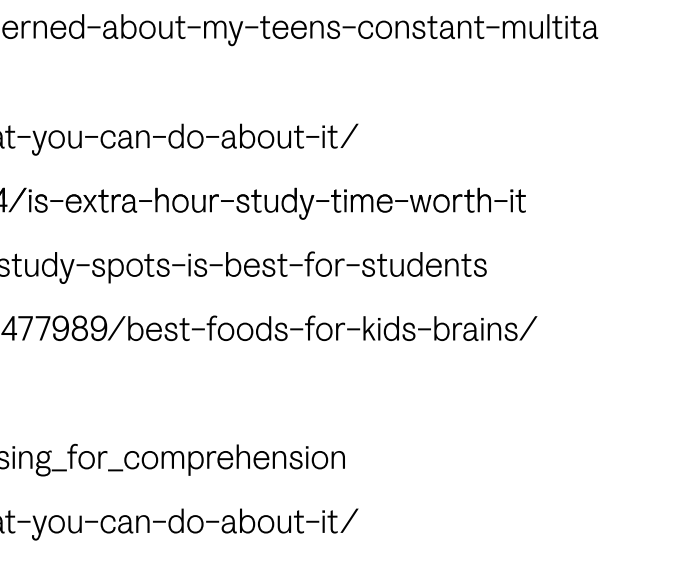
- ✓ Paraphrasing occurs when students restate what they have just read using their own words to show they understand.

- ✓ When students explain what they've just learned, memory is activated, strengthened, and consolidated.

- ✓ Practise paraphrasing by explaining the study material to another person.

Make Forgetting Work in Your Favour

Don't spend too long studying something only to forget later! Students can use the brain's natural tendency to forget to their advantage by reviewing material right before it is forgotten.



- ✓ Humans tend to forget about 50% of new information an hour after learning it. This is called the forgetting curve.

- ✓ Students can retain about 80% of new material if they review it within 24 hours!

- ✓ Reviewing material frequently signals the brain to retain that information. This makes remembering it later on much easier!