

STUDY TECHNIQUES



SCIENTIFICALLY PROVEN!



EAT HEALTHY MEALS

Research healthy meals that you enjoy! The healthier you eat, the better your body and mind will run. (Small et al., 2006 and Rogers, 2001)



STUDY SESSIONS

You might be surprised to hear that if you study directly before you sleep (and I mean bring your notes to bed and review them before you head hits the pillow), your brain will retain more (Gais et al., 2006)



REVIEW, REVIEW, REVIEW

Studies have shown that learning requires that humans review material multiple times and in multiple ways, over a long span of time (Finkenbinder, 1913). This is explained in the curve of forgetting, or the decline in memory over time.



EXERCISE

You may think exercise would make you more tired, but it can actually clear metabolic waste in your body and reset your brain's chemical balance (Venkat et al., 2016).



REST YOUR SYNAPSES

Napping can help you cognitive function, but only when you get enough. This time is different for everyone (Milner & Cote, 2009), so try 30 minutes and see how you feel!

