

# HOW TO STUDY

BEST STUDY TIPS FROM NEW PSYCHOLOGY RESEARCH

1

use  
**SPACING**

to boost memory

Studying information at intervals prevents decay & improves long term retention.

**INTERVALS:** 15 minutes, 1 hour overnight, 24 hours, 2 days...



LEARNING



DECAYING



FORGETTING



LONG TERM MEMORY

2

## INTERLEAVING

study in parallels, not in series.

instead of studying a topic to mastery before starting a 2nd group, study them together.

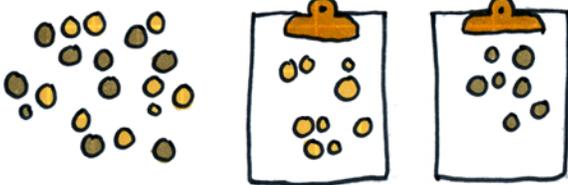
NOT:  then  then 

INSTEAD:    (break)    (break)   

3

## **CHUNKING**

creatively sort & organize information before studying



4

## META COGNITION

[think about thinking!]

reimagine & make the content yours. Tell stories, make up songs, doodle it!

5

**LEARN (& PRACTICE)**  
how to remember

REMEMBERING  
is a  
LEARNED SKILL



- Practice memory retrieval to build confidence & beat test-taking anxiety.

**NOTES BY**

hawk-hill.com

adapted for visual learners from article by Aditya Shukla & Cognition Today.