



...R⁵ How to Study

Moving your studies from **SHORT TERM** into **LONG TERM MEMORY**

Revisit

Revisit core information with *SPACED REPETITION*

Create a routine – post study time in your agenda

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Review & Revise

Experiment with the following study sequence

1. Review - by rehearsing the material (Compare & Contrast information)
Draw and illustrate to help you connect
2. Explain - aim to understand what you're learning
3. Revise - add to notes to clarify and provide examples

Retell

1. Retell without looking
2. Study in the way you'll be tested 🗂️ **DO THIS!**
3. Quiz & test yourself 🚩 **THIS IS IMPORTANT**

Rest

Be sure to . . .

Get **8+ HOURS** of sleep each night

