

# STUDY SMARTER, NOT HARDER



## I. Preparing to study

**A.** \_\_\_\_\_ your study space and clear away distractions

- **Pro Tip:** have a \_\_\_\_\_ on hand for distracting thoughts

**B.** \_\_\_\_\_ and move your body

**C.** \_\_\_\_\_ your time: use \_\_\_\_\_ practice, not \_\_\_\_\_ practice

- **Pro Tip:** use the \_\_\_\_\_ Technique of \_\_\_\_\_ of study time followed by a \_\_\_\_\_ break

## II. Beware of the biggest study mistake: confusing \_\_\_\_\_ for \_\_\_\_\_

## III. Study techniques for recall

**A.** \_\_\_\_\_ of the material after lectures or reading

**B.** Study using \_\_\_\_\_

1. \_\_\_\_\_ yourself

2. Use \_\_\_\_\_

3. Use \_\_\_\_\_

4. Review from \_\_\_\_\_

5. \_\_\_\_\_ cards to connect ideas

6. Create cards \_\_\_\_\_ to avoid the “curve of \_\_\_\_\_”

- **Pro Tip:** use the \_\_\_\_\_ Method of reviewing the \_\_\_\_\_ known cards \_\_\_\_\_ often

**C.** \_\_\_\_\_ yourself and have \_\_\_\_\_ you

**D.** \_\_\_\_\_ the information to someone else (also called the \_\_\_\_\_ Technique)