



Smart Study

HIGH UTILITY HOMEWORK





Not all study strategies are created equal.

*Ebbinghaus' research found that the average person forgets **50%** of new information after 1 hour, **70%** of new information after 24 hours and **90%** of new information after 1 week.*

Fight forgetting through regular revision and use strategies that actually work.

1. **FINE:** Summarising, highlighting, mnemonics, using imagery for text learning, re-reading.
2. **BETTER:** Interleaved practice, self-explanation, elaborative interrogation.
3. **BEST:** Practice testing, distributed practice.



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BRAIN DUMP



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You probably remember more than you think.

A brain dump is a low effort, high impact task highlighting content that you know, whilst also strengthening memory through recall. This is good to do before you begin studying a topic as it helps you make connections between existing and new knowledge; it will also help you identify gaps so you can focus your study on areas that will have the greatest impact.

1. Choose a subject and a focus topic.
2. Take 5 minutes to write down everything you know.
3. As you get more experienced, you may use arrows, diagrams, drawings to show connections. You may also consider using a different colour to write down questions or highlight areas you have forgotten or need to check during your study session.

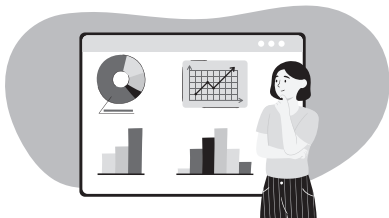


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DUAL
CODING



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Make it stick; explain it in different ways!

Dual coding in a study routine is a form of self-explanation where you simultaneously draw a diagram that summarises the concept and elaborate by discussing it out loud as you go.

This process makes you transform and revisit content in different forms, strengthening your memory.

1. Summarise complex or lengthy content in a drawing or diagram.
Scan the code and visit olicav.com for inspiration.
2. Explain your diagram to a family member or friend, updating your visual according to questions from the listener.

