



Study Smarter, Not Harder

Begin by asking yourself...

How do you revise?

Then...

Why do you revise this way?

And finally....

Does it work - and how do you know?

Because...

If your revision methods feel easy, then they're not working.

For example...

Simply reading notes is not an effective revision method.

And...

Neither is highlighting, underlining or copying out.

This is because...

They don't require much effort.

Instead...

More effortful strategies like these produce greater long-term learning gains.

Flashcards

Mind Maps

Summarising

**Look, Cover
Write, Check**

**Self and Peer
Quizzing**

Difficulty is *desirable*, even if it is not always *desired*.