# 20 Study Hacks

to

Improve Your Memory

I have scoured our brains for the best study hacks to help your brain remember information quicker and easier and ultimately help you do better in your **EXAMS**.

1. Walk Before An Exam

It's been proven that exercise can boost your memory and brain power. Research conducted by Dr. Chuck Hillman of the University of Illinois provides evidence that about 20 minutes exercise before an exam can improve performance.

Composite of 20 student brains taking the same test
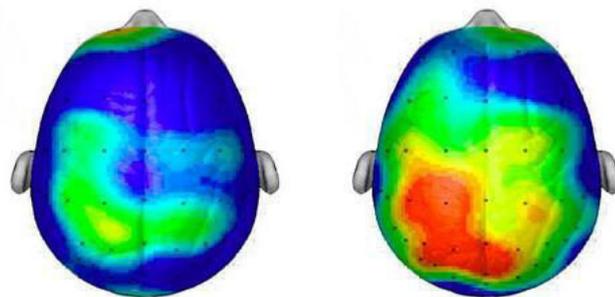
After sitting quietly   After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

2. Speak Out Loud Instead of Simply Reading

Although this may make you look a little crazy, give it a go! You will be surprised how much more you can remember when you've said it out loud. **Warning**: Don't try this in a crowded library!

You're 50% more likely to remember something if you speak it out loud instead of simply reading it over and over.

3. Reward Yourself With A Treat

There are many ways to integrate a reward system into your study habits. Here's a simple way to motivate yourself to study with Gummy Bears:
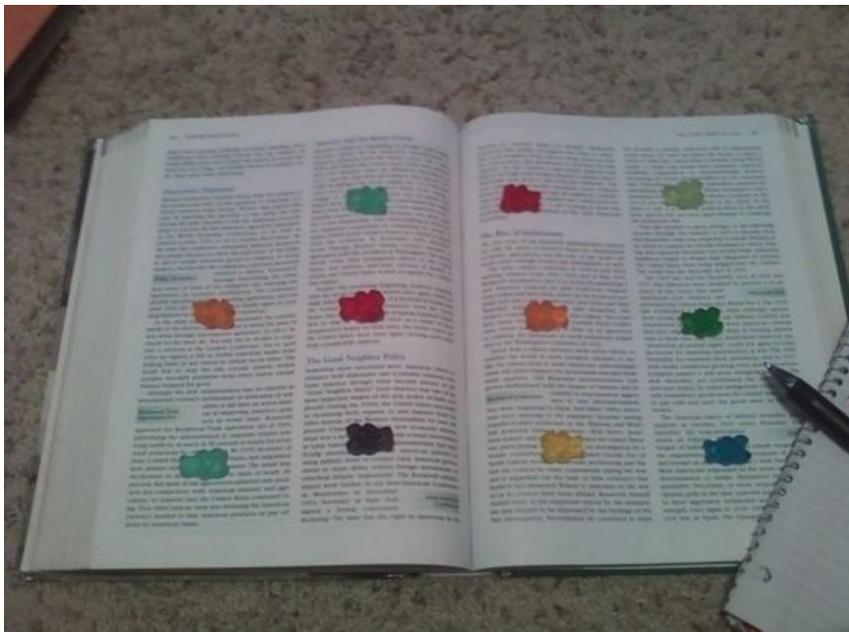
4. Teach What You Have Learned

The best way to test if you really understand something is to try to teach it to someone else. If you can't get anyone to listen to you explain the Pythagorean Theorem, why not teach a class of stuffed animals!

5. Create Mental Associations

The ability to make connections is not only an easier way to remember information, but it's the fuel of creativity and intelligence. Steve Jobs famously said "*Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something*".

Mind Maps are an easy way to connect ideas by creating a visual overview of different connections.

How to Create A Mindmap

Let your ideas explode

Tidy up later

Don't focus on perfection

Nobody's Perfect

So your Mindmaps shouldn't be either

Your brain isn't confined to one page

Break the 'on the page' mentality

Every node on a mindmap could be its own mindmap

Go Deeper

Share it

When you finish, share it with your Study Buddies

This will help you get a fresh perspective

Use Colour

Group you ideas and thoughts by using colour

Don't take sides

Embrace both sides of your brain

The Creative

The Analytical

6. Draw Diagrams

Drawing diagrams will help you to visualize information which would be hard to describe. This creates a visual memory in your mind which can be recalled in an exam. You may even be asked to draw or label diagrams such as the human heart in your exam so get practicing!

7. Times New Roman is the Fastest Font to Read

Simply put – there's a reason why Times New Roman is the default font on most applications!

This is easy to read.

This is easy to read.

This is not easy to read.

This is not easy to read.

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8. Use Apps to Block Distracting Sites

The SelfControl apps help you to avoid distractions by blocking websites for a certain amount of time. You time and energy is more precious so why to utilize in such unimportant things.

9. Watch a Documentary on the Topic

Documentaries are an entertaining way of compacting an entire story into a short timeframe. This will help you remember key details from a story plus you may even get extra credit for mentioning that you took the initiative and watched a film about the topic!

Check out the infographic in this blog post which helps you decide which documentary to watch.

10. Search about the topic online

Save time when researching sources online.

Search Google Like a Pro

You know how to Google, but do you do it like a pro?

Here are a few simple yet very helpful search operators to help you Search Google... like a Pro

"Quotation Marks"	"I love you Mom"

Using quotation marks in your search terms lets you search exactly for that word. It means, all your results will have your search terms in them.

- Dashes	dolphins -football

If you want to exclude a term from your search include a hyphen before that word.

~ Tilde	music ~classes

Use tlide when you want also its synonyms to appear in the result. The above query will search for music classes, lessons, coaching etc.

site:	site:ndtv.com

Use this operator to search within a specific website only.

	verticle bar	blouse	shirt	chemise

This query will search websites that have any one/two/all of the terms

| .. Two Periods	movies 1950..1970

Include two periods when you want to search within two number ranges

11. Create Flashcards for Quick Memory Buzz

Quickly test your knowledge of key concepts, definitions, quotes and formulas with flashcards.

12. Take Regular Study Breaks

When your brain is working, you need to take regular study breaks to help your brain absorb more information but also to keep you motivated and focused when you are working. Take a short break after 45-50 minutes study as your focus and concentration will become impaired after this period, anything new after 1 hour 30 minutes does not get assimilated.
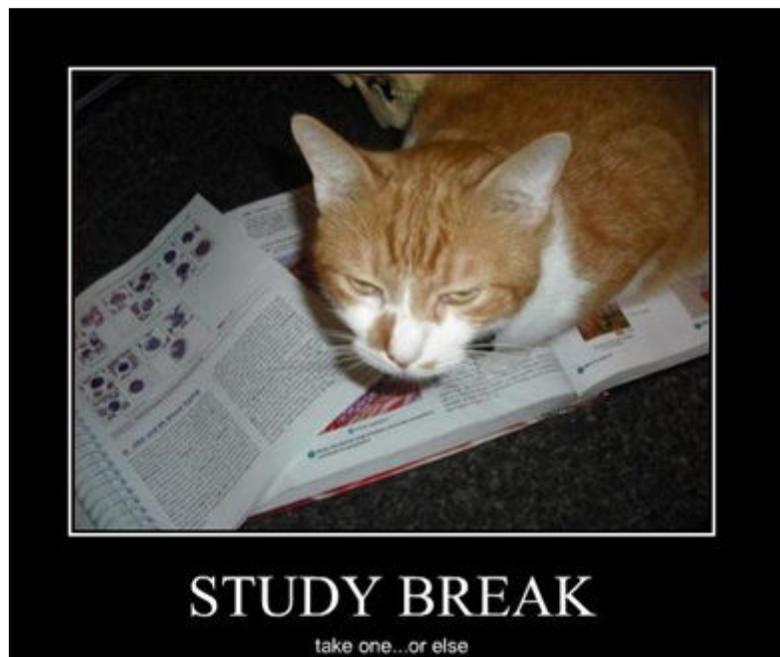
13. Read Quotations regarding the Topic

Sometime, things get remembered by the quotation but not by the literature.

14. Make Your Study Space Portable

We may be creatures of habit with favourite seats in the library but information retention actually improves when you vary the places where you study.

15. Practice, Practice, Practice…

Practicing sample answers to past exam questions can help train your brain to retrieve information. Create realistic, exam-like condition and test your understanding by using Assignments.

16. Don't Stay Up All Night Before an Exam

Make sure to get adequate rest the nights leading up to your exams. When you sleep, your brain assimilates the information you have learned when studying so getting a good night's sleep will help you remember those pesky maths formulas you need for your exam!

Don't make this your sleep schedule:

MY TIME SCHEDULE

SLEEP

WAKE UP EXHAUSTED

PLEDGE TO GO TO BED EARLIER TONIGHT

SLEEPY ALL DAY

FINALLY WAKE UP LATER

WIDE AWAKE!

ITS LATE BUT WHO CARES? ITS TIME TO PARTY!

ITS 2 AM I SHOULD PROBABLY GO TO BED.

17. Discover News Ways to Learn

Trying new methods of studying can help you find what really works for you. Use technology to your advantage or using useful dictionary apps.

18. Use Scents or Gum to Jog Your Memory

This may seem a bit random but spraying an unfamiliar scent while you're studying can help jog your memory when you spray it again just before an exam. Chewing a strange kind of gum will work the same way.
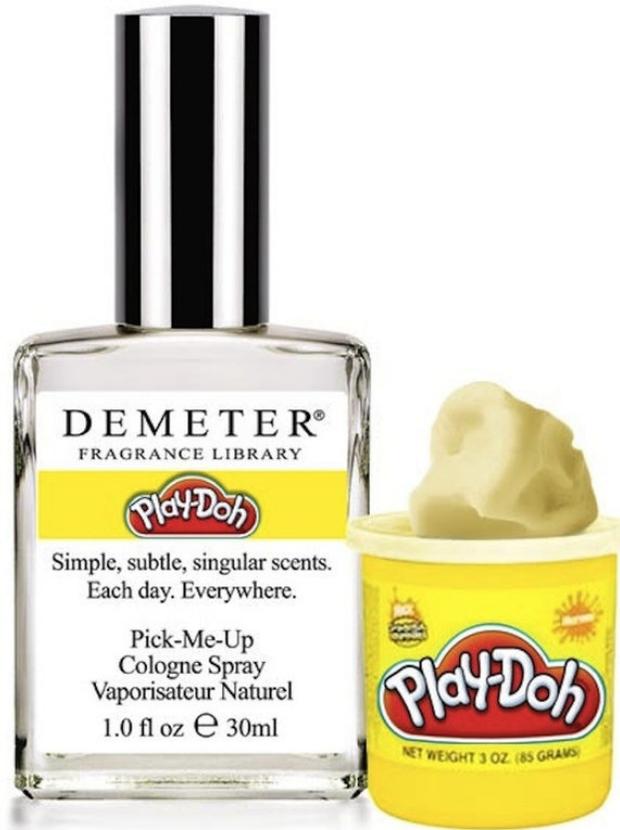
19. Study in a Group

Studying in a group can help you collect new insights to enhance your learning experience. The ExamTime Groups tool is an innovative spin on the traditional study group formula. Groups tool helps you share resources, discuss ideas and interact with members of your team or group project.

20. Meditate

Studies say that meditation can help students stay focused when studying. Not only will meditation help you concentrate when studying but it will help reduce pre-exam stress as it improves both mental and physical health.

Our final piece of advice for those of you sitting exams is to stay positive. It's amazing how a positive attitude can impact on your exam results or motivate you to complete *that* assignment when all you want to do is go to bed!