## Study Skills

Here are some different study techniques to help you engage more with the information so that you can develop your ‘active learning’ skills.

### Mind Maps

Instead of writing out pages of notes, try using mind maps or flow chartsto explore processes or connections between key concepts. Mind maps are a great visual tool that can help you to clarify information, help organise your thoughts and see how information is linked. If you are a visual learner, try using different colours to link the different concepts or highlight the key bits of information.

### Flash cards

You can hand write your own flash cards or use one of the many apps available to create your own electronic versions. Try writing flashcards in the form of questions. Put the answer on the reverse and practice recalling the information. You can test yourself or get a study partner to test you. Not only does this help to cement the information in your brain but it’s also great practice for the exam.

### Memory Techniques

There are lots of different techniques that you can use to help you memorise and recall information. There are many possibilities, and the key is to find the method that works for you.

For example, you could try using ***Mnemonics*** which is basically any trick that helps to memorise or recall information.

These can be rhymes, songs, images, or acronyms that can help you to recall information. For example, a commonly used acronym in Psychology to represent the ‘Big Five’ Model of Personality is ‘OCEAN’.

**O**penness

**C**onscientiousness

**E**xtraversion

**A**greeableness

**N**euroticism

Another memory technique is ***Association***. This is when you link the information that you are learning to an image, keyword or action or something that is personally meaningful to you (such as a person or a past experience).

***Repetition and recall*** are also effective memory techniques. Read through the information that you are trying to learn and then close your book and repeat the information out loud or write it down at least 3 times.

### Become the Teacher!

Explaining or teaching a concept to someone else is a really good way of cementing that knowledge into your brain. Even if you are studying alone, teach the information to an imaginary classroom. By teaching someone else you not only have to recall information you have learnt, but you also have to organise the way you deliver the information so that you are able to clearly explain it to others.

### Take a break!

Don’t try to study for too long in one go. Revising for exams is intense and it helps to take regular breaks so that you have time to absorb the information. Try studying for 30 minutes followed by a 5 or 10-minute break. Mix it up. Shift between different modes and study techniques to help you to maintain your focus throughout your whole study session.

### Maintain your wellbeing and get plenty of sleep!

And finally, remember to look after yourself and stay healthy during exam preparation time by eating good nutritious foods and getting some exercise. Fuel your mind by looking after your body. You also need to get plenty of sleep during revision time. Not only will you study more effectively but this is also when the information that you have been learning gets shifted from your short-term memory into your long-term memory, ready for you to recall on exam day.

