
3 Skills For Studying Smarter

Thank you for taking part in the **Self Study Success** training. Below is a summary of the video on this topic.

Here is again a link to the [video: 3 Skills For Studying Smarter](#).

Let's get started!

Smart Reading

The first thing you have to understand is this. There is no need to become a speed reader! What you have to focus on is reading smarter.

You need to learn how to become a better reader. This means understand what you want to get from a text; read multiple times going deeper into a text each time; focus on comprehension and recall.

So next time you read, you read a paragraph or a page, and you stop and close your eyes. You recall what you read and when you can do this, you move on. If not, go back and read fewer lines so you can recall that.

Next up is note taking

Note Taking

Take the ideas you recalled from reading, perhaps use highlights from a text, and even reading more text... and create notes from that.

This could be a linear format (like Cornell notes or using the Feynman method). Or you can [create a mind map \(video\)](#).

The beauty of [mind mapping \(video\)](#) is that you have **all the notes** from one book, chapter, or section **on one sheet of paper**. All the information is outlined and **nicely structured**.

Create practical mind maps that don't take a lot of time to make. Use words first, and then add some colors to highlight information. You will be done in minutes (time that can be used to use the information and memorize)

Memory

When people say they can't remember something, I think they often don't even remember they did not store the information properly. When you don't store information, there is no way to not remember :)

From now on, **VISUALIZE** what you want to remember. Create pictures from information. Next, connect it to something you know already. **This connection, or association, should be big, funny, painful, or any other emotion.**

Exaggerate. **EXAGGERATE!!!!**

This always helps your brain to memorize easier.

What is the hottest planet in the solar system???

When you watched the video, you know it isn't Mercury but it is....?

Action Plan

- **Pick on of the skills** above (reading, note taking, memorizing) and use the tips above to improve them.
- You need all three every time you study. Improve all three and you **become a much more productive student.**
- Understand that **small improvements each day creates amazing results over time**

QUESTIONS?

If you have any [questions, let me know.](#)

The most important thing to do is getting started. Even if you are familiar with the things we discussed, make sure you actively and consciously taking action to improve what you do.

I am sure you become a much more productive student.

Now that you know... Use this to Grow! Let's GO!