
3 Tools 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 Tools For Studying Smarter](#).

Let's get started!

Writing and Time Management

Notion ([Download link](#))

I use it for Writing my notes, [morning pages](#), [articles](#)

Focus-to-do for Pomodoro ([video](#)) ([Download link](#))

I use it to gamify my studying, creating clear timeslots for studying and work

Mind Mapping Software ([video: what is mind mapping](#))

The main reason I use mind maps is for outlining a large body of information. This results in having **mind maps filled with knowledge** (information that has structure/meaning). Click here to learn [how to create your first mind map \(video\)](#). I use 2 mind mapping tools.

MindMapper (Windows) (Download: <https://mindmapsunleashed.com/software>)

I use it for outlining study notes and projects

The reason I use it: It has a simple interface and creates maps that are not too formal or business-like. Learn [how to use MindMapper in this video \(video\)](#)

XMind (Windows and MAC) (Download: <https://mindmapsunleashed.com/software>)

I use it for many of my images on the website. Plus during coaching sessions with people who want to learn how to study better (during the workshop and when sharing mind maps).

The reason I use it: There is a free version (so easy to get started for clients) plus it is available on MAC and Windows.

Memory, Active Recall & Testing yourself

You can create an Excel sheet with questions and answers. You can test yourself by going over the questions.

I created a sheet in Google Sheets that tests me by **picking questions from my list randomly**. This way you don't pick questions and you are "surprised" more when studying. is ideal to use for a quick 1 or 2-minute study review.

Here is the [link to the sheet](#) (copy it to your own Google account to use it)

Use this [link to download the STUDY LOG](#) as well. It will help you. [More information here \(video\)](#).

Action Plan

- Use a timer to focus for a set number minutes on your studies. This tool will **make you so much more productive**. Use the links above to download a timer (or use your phone)
- Start using mind mapping software. [Download a tool](#) and see what this does for you. Start with one of the tools mentioned above. Let me know if you have any questions.
- Use active recall to stimulate your memory. Start creating questions for remembering what you study, in stead of recognizing what the answer is. [Use the test sheet](#) for getting started.

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!