

SMART STUDY



Spaced



For the most effective result, spread your sessions over days, weeks, months rather than cramming. Build this spacing of subjects into your study plan.

Mixed



Mix up your practice, change subjects to switch your focus, change areas within a subject as you would in an exam.

Active



Write bullet point notes, think, understand, explain, clarify, label diagrams, answer a range of questions, create flash cards. Do the hard work and put in the time needed.

Retrieve



Get the information 'out'. Find out what you recall and what you don't know yet, answer questions, make mind maps, flow charts, flashcards, checklists.

Thinking



Reflect on feedback and what you need to do to improve. Plan what/how/when to study. Regulate and motivate yourself to do the work. Make realistic judgements from self-testing about how you are progressing.